



February 2016

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USC GLOBAL HEALTH SYMPOSIUM

By WILLIAM H.

Reporters from Lomita Leopard's Roar newspaper visited Keck School of Medicine at USC for the Global Health Symposium for Kids. Reporters listened to fascinating presentations about Oral Health, Diet and Nutrition, Disabilities, and Illness. Presentations were given by graduate students in Global Health, and two of those speaking were Briana Shipley, Anthony Wong, and Ian Chen, as well as Dr.



Elahe Nezami. Dr. Nezami is the head of the Global Health program and the Associate Dean of the Keck School of Medicine.

Briana is very passionate about helping people, and participating in the Global Health Symposium for kids was one way to help others. Ian talked about pollution, which was a huge issue in his country and a very important health concern for kids of all ages. Anthony loves to interact with kids, and wants to become a surgeon. Dr. Nezami was very gracious and expressed what a wonderful time everyone looked like they were helping. Dr. Nezami likes to help people, and she believes that education is a good way to help. She would like to hold this event again next year. I really enjoyed the Global Health Symposium for Kids and can't wait to come back next year!

PRIORITIZING POLLUTION

By EMMA C.

Have you ever thought about what form of pollution is most harmful to us, and which form is the easiest to change?

I believe that water pollution is easier to solve – and more important than air pollution.

Water pollution is easier to solve because you can simply just filter water. The dirty water comes from chemical factories, farms, and humans dumping their waste into the water and environment.

On the other hand, air pollution is harder to solve because there are 200 other toxic air pollutants in the atmosphere. Air pollution comes from people burning fuels such as coal, gasoline, and farm wastes.



USC Global Health Speaker Ian Chen

Continued on page 2

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Not pictured: Razan P., Diego H., Julianna, Mario, Rebecca

A SCHOOL DAY IN NORTHERN IRELAND

By **EVELINA M.**, PressFriends Foreign Correspondent

I live on the shores of a lake called Lough Neagh in the beautiful county of Derry in Northern Ireland. I live in a stone house built by my father many years ago. My home is situated inside a nature reserve and is surrounded by miles and miles of green fields.

My school day starts when my mum wakes me at 7.30am and my big sister and I get dressed and have breakfast. When my dad was small, he walked to school but nowadays there

are so many cars on the road driving so fast my mum takes me to the local bus stop. The school bus takes half an hour picking up my friends one by one.

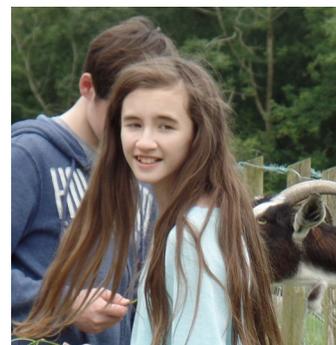
We arrive at school at 9 and my school day begins with registration.

Throughout the day, my form class all go to the same classes together. There are 30 pupils in my class, half boys and half girls. My favorite class is home economics because I get to make lots of nice food.

Lunchtime comes at 12 and in the canteen, we scan our fingers which identifies us and deducts the money owed from our school account.

The main sports here are Gaelic football, a bit like rugby, and camogie, which is a bit like field hockey. We have a big rivalry with other schools and it's very special when we win.

My school day ends at 3.40 and we run across the road to buy sweets but get back just in time to catch the school bus home.



PRIORITIZING POLLUTION *Continued from page 1*

Air pollution is important, because everyone breathes in air. Air pollution is caused by acid rain, carbon monoxide poisoning,

which leads to lung diseases such as lung cancer and asthma.

I think water pollution is more important, because it

can cause cholera, hepatitis A, Malaria, Polio, Lead and Arsenic poisoning, and trachoma.



FRUIT AND CHEESE PRETZEL KABOBS

These are fun snacks that you can make for your family and friends.

Ingredients:
Pretzel sticks
Cheese cubes
Grapes
Bananas

Instructions:
1) Wash your hands.

- 2) Open the package of pretzel sticks.
- 3) Ask a parent to help you cut cheese cubes and banana slices.
- 4) Wash the grapes.

Build the Kabobs. Insert pretzel sticks into the cheese cubes, banana slices, and grapes.

Enjoy!



<http://fit.webmd.com/jr/food/article/fruit-cheese-kabobs-recipe>

PROTECTION FOR REFUGEES

By GEMMA H.



Refugees are out of rescue. Refugees are people who left the country and can't go back to their country. Some reasons why they leave are because of conflict, war, natural disasters, and the law. Refugees are at a high number in some countries, such as Afghanistan, Iraq, Somalia, Congo, Sudan and at 40 million more than half of the people in Syria. Once these people have left, they seek safety and the places for that are Pakistan, Jordan, Lebanon, and Iran.

When the refugees find a home, get money, and

settle down their family, they move to a place like California. But moving away from their country was dangerous and traumatic. Refugees had to cross oceans or walk many miles. But they still do

it to protect their family.

On June 20, 2016, you should think of ways you can help. June 20 is World Refugee Day and everyone should think of ways to help.



Roxana Tabrizi and Niloo Kossari talking to students about refu-

UNDERSTANDING DISABILITIES

By RUTH W.



Briana Shipley gave a presentation on different types of disorders at the Global Health Symposium for Kids. One of the disorders she focused on was dyslexia. She told students

facts about the disorder, and then she did an interesting exercise where she told us to close our eyes and asked us questions that we had to answer either "true" or "false."

During the presentation, she said, "Dyslexia can't be healed." She told the student reporters attending the Global Health Symposium at USC that dyslexia means that you have difficulty reading.



Briana said that her cousin has dyslexia and that is why she chose dyslexia as a topic.

Briana Shipley talking to students about disabilities at the Global Health Symposium for Kids at USC

Briana decided that as a career, she would like to work in a medical field as a doctor or in a related medical profession. She also wants to find a cure for dyslexia, and she wants to do extraordinary things to help people all over the world with mental and physical disorders.

WOMEN'S EQUAL RIGHTS

By RUTH W.

People in America think that women have free rights, but if you do some research and dig down deep you will find that women are still not equal around the world.

For example, in India road safety rules don't apply to women. That causes more accidents in India. This kills or injures many people. "Many" means thousands, EACH year. One solution is giving women helmets, that could decrease the number of accidents each year.

Another example is in Yemen. When women are brought to court, they are only considered as HALF witnesses, but if they bring a male on trial, they will probably get more justice. One way to fix this is to ALWAYS have a male lawyer when in trial. This will help so that you will get of the justice you need.

The last problem I will address is that in Saudi Arabia, women can't leave the house without their husband's permission.

The only thing to solve this problem is to go on strike—although this is possible only in some counties. So ladies get ready!

In conclusion, ladies should think before they say, "Women are always be able to do the things guys do." If only they did some research, so they would prove those people who say that wrong. It may be better in a lot of countries, but women's freedom is a problem that needs to be solved ALL around the world.



SELF-CHOICE FOR KIDS

By YREKKA P.

Did you know that kids can make their own choices, and can help their parents make the right choices to recycle, conserve water, and walk instead of drive? However, adults still are free to do a lot more of what they want to do. Kids should also be able to choose what they want to do.

Kids have a right to choose what they want to do, because no one – even kids – should be forced to like something they don't like. Without kids' right to choose, the world is in chaos, and everyone

is fighting each other. Kids would choose peace instead of fighting.

Kids should also be able to choose their own beliefs. We should be able to believe

in the religions we choose and not to be told what to worship.

We should be able to think our own thoughts, even if they aren't the same as the adults around us.

If you don't agree with me, that's fine, because you have the right to free thought. You shouldn't be forced by other people to choose an opinion or a way of thinking.

Kids should be able to think their own thoughts and to freely choose what they want to think.



Cary Wright and Priyanka Vachhani tell students about human rights and children's rights issues



GLOBAL HEALTH SYMPOSIUM PROFILES



Priyanka



Cary



Andrea



Kate

POSITIVELY PRIYANKA

By Afnan N.

One of the graduate students speaking at the Global Health Symposium was Priyanka Vacchani. She is a student at USC and studies Biology, Global Health, and Disease Prevention. She is focusing on technology in Global Health studies. Priyanka decided to study Global Health, because she liked her first class and then she started doing research. She also likes doing research..

Priyanka's topic at the Global Health Symposium was on Human Rights. There are a lot of issues caused by children not having any rights. Priyanka likes working with younger kids. She believes that the most important Global Health issue today is Health and Nutrition.

Priyanka was influenced by many people, but the one who influenced her the most was Nikola Tesla. She would like to work in Biotechnology when she graduates.

Priyanka suggests that if someone is interested in studying global health, they need to read the news and study a lot.

PRIVANKA AND CARY

By Lander S.

Priyanka and Cary were interviewed about the Global Health studies and

extra information. Their presentation topic was Human and Child Rights.

Priyanka and Cary are both Global Health speakers. They did a great job with their PowerPoint presentation. Some of the questions were about the start of their studies in Global Health. Cary started two years ago.

Priyanka and Cary were asked what their favorite fruit was. Passion Fruit and Dragon Fruit were their favorites.

THE AMAIZNG ANDREA

By Lomita Leopard's Roar

Andrea Taguinod is a Global Health student, who spoke at USC and PressFriends' Global Health Symposium for Kids. Andrea will be in the Global Health program from 2015 to 2016. She decided to study Global Health because she thought it was important to know what's going on all over the world.

Andrea's undergraduate major and degree is a Bachelor of Science. She is focusing on the diseases that occur all over the world. She chose this area, because she wants to be a dentist.

After Andrea graduates, she would like to attend dental school. is focusing on the diseases that occur all over the world. She chose this area, because she wants to be a dentist.

After Andrea graduates, she would like to attend dental school. She thinks that education for amend and children is the most important global health issue today.

Andrea enjoyed talking to the students at the Global Health Symposium for Kids. If someone is interested in studying global health, students need to study health and disease prevention in school. Andrea's mom influenced her, because she wants to be just like her. In the next 10 years, she wants to become a dentist serving places where she is needed.

KATE LA TENDRESSE

By Owen M.

Lomita Leopard's Roar interviewed Kate La Tendresse. This year is her first year holding the Global Health Symposium with PressFriends. When she grows up, she wants to be a dentist.

Kate studied biology and got a Bachelor of Science degree. She would like to become a dentist, and her presentation at the Global Health Symposium was on global oral health.

In the next ten years, she hopes to be a dental school graduate. Her own dentist inspired her to become a dentist. She wants to become a dentist so she can help kids with their teeth.

MAKING CHANGES

H O S O J D S H X L I D E P G
 R B I P H E O Y V Q T O T Y H
 G H O Z C T R A S H Z P A B E
 S Z J U U E V M Z O N P M Z Y
 U L D O W H O W N U S Z I D L
 X E P Q V L L E T G Y Q L K Y
 R H L S E Y Y R V S Y P C R F
 G Y D D G L I E K I B O R E M
 C W U O R T C Z Z E H L G U Y
 E W G G I I P Y S I M L B S H
 Z M E O T O V Z C G D U W E B
 H O N G F A X E W E Q T H R D
 O T E S I C R E X E R I E X O
 X U S V M M R V W G V O L I D
 G O E K L D C W R D I N V A D

Trash
 Pollution
 Bike
 Drive

Recycle
 Reduce
 Reuse
 Nutrition

Diet
 Exercise
 Climate
 Ozone

TAKE A STAND AGAINST POLLUTION

By RYU A.



In this world, people are causing pollution everywhere. The most damaging causes of pollution are littering, air pollution, and toxic pollution.

Littering is where someone throws away trash or recyclable items in places such as beaches, streets, and forests. The trash on the ground can be caught by animals and can harm or kill animals, such as turtles, birds, dogs, fish, or other wild animals. To solve this problem, people can pick up their trash.

Another problem in this world is air pollution. Air pollution is pollution in gas form. This includes burnt fossil fuels, smoke, and other gasses. This may be inhaled by humans and may be harmful to people's lungs. This may cause diseases and may even lead to death. I think that some automobile factories are trying to solve this problem by using other materials to fuel cars.

Last but not least is toxic waste. Toxic waste is waste that usually cannot be

decomposed. This includes oil, paint, mercury, and some other acids. These may be dumped into oceans by factories and contaminate fish and birds. Then these fish are eaten by humans and carry the diseases into the humans' bodies. This can cause sicknesses and might even cause cancer.

I think that the best way to solve this problem is to throw away the toxic trash into a toxic trash dump.

Don't litter but make sure to dispose of the waste safely.

POLLUTION: THE SILENT KILLER

By VILEM L.



Pollution is bad for people and the environment, and people should know the effects of pollution and should work together to stop it. Some of the reasons why I think that pollution is bad is because it causes health problems, contaminates food and water, and causes acid rain.

Pollution causes health problems. Air pollution causes asthma because of the bad chemicals. People drink water with chemicals such as mercury. Bad chemicals such as carbon monoxide in the air cause lung cancer to breathe in.

Pollution also contaminates food and water. For example you throw a half full bottle of beer bottle into the ocean, fish drink it, then you eat the fish, so you're eating a drunk fish!

Let's say a paint company made a bad batch of paint, then throw it in the ocean. Then you swim in it and get bad paint on you and in your eyes!

Lastly, pollution causes acid rain. Acid rain kills plants. Acid rain makes rocks such as granite melt. For example, the Washington Monument is made of granite, so when acid rain

falls, a bit of it melts off.

Some people still think pollution doesn't affect them. I think they are wrong. What goes around, comes around. Every little piece of trash will come back and affect you. If you throw a piece of trash in the ocean, it will come back and contaminate your food.

Altogether, pollution causes health problems, contaminates food and water, and causes acid rain. So, the next time you think about littering, it can come back at you!

AIMING TO STOP POLLUTION

By RAZAN P.

Air pollution has been becoming a huge problem around the world. It harms plants, causes global warming, and causes many other animals to migrate to other areas that they are uncomfortable in. This also causes many animals to go extinct.

Air pollution depletes the ozone layer which heats up the world and irritates animals and humans. Since

air pollution causes global warming which raises the water level in oceans and seas, air pollution increases the risk for floods and tsunamis.

We can stop air pollution. First, by informing factories and other companies to stop cutting down trees and many other plants. Trees and plants provide oxygen which we use to breathe in. If we cut down all

of the trees, there will be more carbon dioxide than oxygen, and carbon dioxide is the chemical that traps all of the heat which is air pollution and global warming which is killing the Earth.

We also have to tell companies and factories to stop using so much smog! We can make electric cars and buses to help reduce pollution.



WE NEED TO STOP POLLUTION

By DIEGO H.

The problem in the world I want to change is pollution. Pollution is a very big problem going on. It affects a lot of life in the air, land, and water.

There are many reasons to stop pollution. One is because it affects animals and people. Many animals can die from pollution on land, air, and water. That is because animals can get sick

from the smoke, and marine life can get sick from trash in the water because they eat the trash.

Another reason is people can also get sick and die from pollution. If people get smoke in their lungs they can get deadly diseases like cancer.

Pollution can also kill our environment! The reason pollution can kill our

environment is because all that smoke kills plants, animals, and plants and animals are an important part in our environment.

We can try to stop pollution by cleaning trash off of beaches and cities. We can help stop air pollution by going on strike for stopping companies that pollute.



AIR POLLUTION

By MALIA D.

Air pollution is harmful materials in Earth's atmosphere that can cause diseases to all living organisms. Not only does air pollution create diseases,

but it also causes global warming. A solution of global warming would be to rather than using nuclear energy, use clean energy. Some examples of clean energy

would be solar power, wind power, and water power. Another solution would be to recycle anything recyclable.



STOP POLLUTION

By MIA C.



Do you think that people should stop polluting? If you do, then you are correct. The people you love could be in danger if people don't stop polluting.

Pollution is bad because children, adults, animals, and plants could be in danger from trash on the ground or in the ocean, or from bad quality air.

You can help stop pollution by putting your trash in trash cans and walking and biking instead of driving cars short distances.

Sometimes you may be polluting and you may not know it. Think about pollution, and we'll remind ourselves to be careful not to pollute, we can save the planet for our loved ones.



GLOBAL WARMING

By RAPHAEL U.



The thing I would like to change the world is making sure we help stop global warming. I would make sure that global warming is stopped because it harms animals and us. Places like New Orleans are getting flooded easier because the glaciers in the north and south are melting and are

adding to the oceans waters. Flooding will also get worse and more often because of global warming. Also, global warming affects animals and us because the Earth is getting warmer, and droughts will happen more often. Oxygen levels in oceans may decrease due to too much water. Although

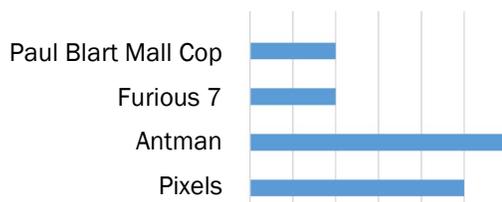
some animals come up to breathe oxygen, but most sea creatures, like fish and sharks, stay underwater and don't come up to the surface for oxygen. They need oxygen from the ocean. In conclusion, global warming should be stopped.

SURVEY CORNER

FAVORITE MOVIES I

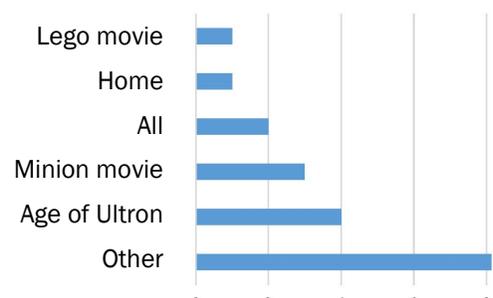
By Razan, Owen, Lander, William, Juliana, Malia

Everyone loves watching movies. We wanted to find out which ones students liked best.



FAVORITE MOVIES II

By Gemma, Ruth, Makaila, Emma



STOP ANIMAL ABUSE

By MARIA T.

Many people hurt animals and their own pets. This is called animal abuse or animal cruelty. Limping is a sign that animals are hurt, maybe from someone hurting them. Wounds on their body is also a sign they are being abused. There are other ways to hurt the animal.

I would want to find a stop for animal cruelty. One

way I can stop animal abuse is to tell people who don't know what that is to not hurt poor animals. Telling people not to abuse animals can spread the word and can stop more people from hurting them.

I can also help the hurt animals by taking them to the animal shelter. Taking them there can stop their owner from hurting them more.

The last thing that can help stop animal abuse is to report it when I see it. If I do this it can give the animal's owner a warning to not hurt them again. If they do this again, they will have to face the punishment. According to the Humane Society, 2,019 animals were abused in 2007. This year, more animals were abused than in 2007. We need to put an end to animal abuse.



ANIMALS NEED PROTECTION

By DIEGO H.

The problem in the world that I want to change is animals getting abused because animals didn't do anything to harm us.

Animals are very important in our lives. We eat beef, chicken and pork but those animals should be raised humanely.

Animals eat plants and then help fertilize the ground so more plants can grow. If animals weren't alive, plants would be crowded and they all will be competing for the same water source.

Lastly, there are some animal species may go extinct. For example, take the

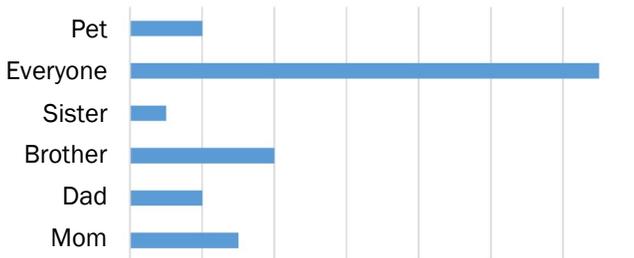
dodo bird. It went extinct because people kept on hunting the dodo bird for its feathers because they were so greedy to get rich.

We can protect animals by reporting abuse or if moving them to a safer place.



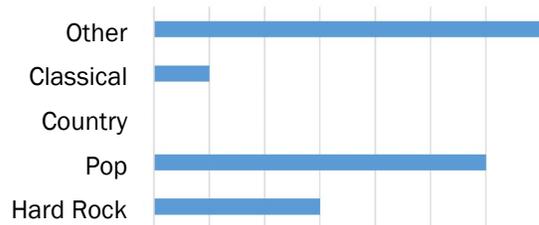
FAVORITE FAMILY MEMBER

By Rebecca, Illiana, Jada, Afnan



FAVORITE MUSIC

By Mario, Vilem, Diego, Nick, Josue



NOTE FROM PRESSFRIENDS



Lomita Leopard's Roar reporters did a great job on this issue. We focused on ways to change the world and this worked well with the newspaper's field trip to USC for the Global Health Symposium for Kids, sponsored by PressFriends, WorldMed.com, and the USC Keck Global Health Program.

Dr. Elahe Nezami, Dean of Graduate Students at the USC Keck Medical School

and Director of the Global Health program organized the Symposium with her students in the Masters Global Health program. We appreciate all the work that she and her students put into it.

We learned about a lot of different topics: human rights, oral health, refugees, nutrition, pollution, disabilities, food and water security, and inflectional care.

We are always grateful for all the work and time that Ms. Brittany Breland puts into this program. And to her kids who helped at the Global Health Symposium. We know that we couldn't do it without her.

Last but not least, a special thanks to your principal, Mrs. Monica Friedman, for her support. .

Tessa Southwell, President PressFriends Student Board

PRESSFRIENDS AND LOMITA LEOPARD'S ROAR

would like to thank

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Symposium for Kids at USC with PressFriends