



# Mack Squad News

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## The Huntington Library and Gardens

By Kelvin C.

**M**y favorite part at the Huntington Library and Botanical Garden was the Rainforest. I loved the plants, sights, sounds, and a little bit of the smells. I liked the nice smooth smell of the roses and daisies. Smells I didn't like were some that smelled like other spices.

I really liked when I got to be in the inside of the rainforest and see the pond. It was beautiful, full of fishes. There were angel fishes which had yellow and black strips. Some gray fishes with a thick red line from its eyes to its tail.

There were two kind of big fish. It was so funny when one of the fishes that was brown was putting its mouth on the glass.

I loved the plants. The plant I liked was the cocoa tree because it smelled like chocolate. Also there was a vanilla tree and a cinnamon tree. I liked the plant that had long and thick leaves on it.

In the Rainforest, I liked how there was water falling from the ceiling/ roof. The water was cold but it had felt really good on my face. I also liked the garden outside of the

Rainforest because there were orange flowers that smelled like oranges. We also got to try some eatable plants but I am terrible at trying new things.

There were also some hummingbirds that were red, green, black near the feeders. There was a bunny rabbit eating a piece of a carrot near some flowers. I also got to see a lizard in the Children's Garden.

I loved the Huntington Library. This is a fantastic place to visit. Thank you for allowing me to have this wonderful experience. I love this place.

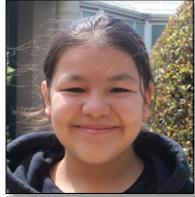
*This article won first place at John Mack Elementary in the PressFriends Annual Conference contest for the best article at the Huntington Library. Kelvin C. received two one-day park hopper tickets to Disneyland. Our thanks to the Walt Disney Company, generationOn, and to the 100 volunteers who helped out on Family Volunteer Day so that we could earn the tickets to award as prizes to each PressFriends school winner.*



## MACK SQUAD NEWS EDITORIAL TEAM



Aileen F.



Alejandra E.



Alysa A.



Brenda P.



Carlos H.



Damian R.



Daniel R.



Desirae M.



Ellanie C.



Elvia L.



Emmy P.



Fatima M.



Franklin H.



Gabriela P.



Jacob H.



Jada G..



Jael B..



Jaleeya T.



Jeffrey S.



Joseph H.



Kelvin C.



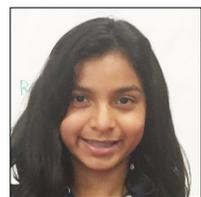
Kevin B.



Lilybeth M.



Lindsay L.



Melaney B.



Melyda F.



Nashit K.



Nathalia S.



Ronald C.



Sara F.



Tyra H.



Yennysel R.M.

Do the  
**WRITE** Thing

Not shown: Rylee C., Solange C.

## The Huntington's Rainforest

At the Huntington Library, we went to many places. I liked many of them but my favorite was the Rainforest. The Rainforest was amazing. We got wet and we also smelled bottles. In the bottles, there were scents. There were some fish in the water, and one of them was really weird. It was licking the glass. But my favorite part of the Rainforest was getting wet. We saw a lot of plants and they were really wet.

I learned that some plants have specialized leaves that perform different functions. I also learned that plants grow

on other plants are called epiphytes and many heavy epiphytes can bend a weak branch.

Plants that live in the Rainforest need water to live. If they don't, they die. There are many zones in a rain forest and the fish in the Rainforest are really pretty.

I also liked when we got to eat different kinds of foods in the Ranch Garden. I ate a yellow plant and different kinds of fruit. The yellow plant looked like an orange but it was not and we could all go eat the peel. There was a green fruit I didn't like but it was juicy. Some of the

foods we tasted were really good.

After we ate the foods in the Ranch Garden, we went to the Children's Garden. It was fun when we got to play with a piece of metal and magnetic sand. There also was a metal music rock; you could throw rocks in it and it made music. There was a volcano, and it looked like a volcano because smoke came out of it. It was really cool.

I had a lot of fun in the Huntington Library I had fun with the Press-Friends people. I hope I can come here again.

*By Alejandra E.*



## Gardens of Fun

My favorite part at the Huntington Library was when we went to the Children's Garden. It had so much to explore. We saw a rainbow tunnel, a small type of hut that was really cool, and we played with magnetic sand. There was a metal piece so the magnetic sand can stick to it. Also we saw some stairs that led to a little spot where you can see the view of the Garden.

Next, we saw plants and flowers. Some were red, orange, yellow, purple, and pink.

Then we went to the Rainforest, and it was really cool. The water was spraying like mist inside the rain forest. There were so many plants to see there.

After, we smelled some scents in the Rainforest. I smelled cocoa and coffee. The cocoa smelled like hot chocolate and the coffee

smelled like coffee.

Then we went to see the Ranch Garden. I saw a lot of flowers and we got to taste a lot of food like an edible flower that was spicy. We also tasted some berries and other fruits.

I loved the experience because I've never been to a place like the Huntington Library and Gardens before, and it was a lot of fun there.

*By Fatima M.*



## Huntington Library and Botanical Gardens

*Reporters from the Mack Squad News attended PressFriends 10th Annual Conference for Elementary Student Newspapers*

### CHOCOLATE, VANILLA, AND MORE

My favorite part about the Huntington Library was the Rainforest where we got to smell plants that reminded us of chocolate, vanilla, and cinnamon. But some plants smelled bad. I saw fishes in the water.

When we went outside, we saw the Children's Garden and we saw more plants. There was a little flower hut that we could go in and see the inside of the hut. Inside the hut there were chairs and tables.

There was another hut that had stairs to the top of the hut and on the top you can sit down or stand up. Inside the hut, there is a tunnel that you can go through and

see the other side of the garden and we can play with the magnetic sand. The sand connected to the metal but when the sand was not close to the metal, the magnetic sand just felt like regular beach sand.

*By Daniel R.*

### EXPLORING

Mack Squad News reporters went to the Huntington Library for the PressFriends Annual Conference. I went to see, eat, touch, and listen about plants. I will say that it gets 8/10 because I only saw plants and not too much water in this tour. My favorite part was about the Rainforest Garden because it does its best job of acting like a real rainforest. Also, I got a

bit hot by the harsh sunlight beaming on me and I didn't really like that but hey, on the bright side, I really had a good time on the tour learning and listening to the people from PressFriends and having a good time at the Huntington Library. I will go on the next PressFriends field trip and it's going to be an even better time!

*By Franklin H.*

### NATURE CAN BE DELICIOUS

My favorite section of the Huntington library was the Rainforest. The Rainforest was really interesting. For example, there were many types of trees, some were different colors, shapes and sizes. Also, the fish there were colorful. They were small and big.

The rainforest was really humid and water was dripping from all the leaves. For example, when checking out the rainforest I was really hot and soaking wet.

My favorite activity in the Huntington Library was tasting the fruits and the flowers in

the Ranch Garden.

There were many different types of fruits at the edible patio. At the edible patio, we tried mulberries that were very sweet and we tried tangerines, small orange fruit, orange flowers, lettuce, and dressing.

*By Nashit K.*

### RANCH GARDEN

This trip was really fun but one of my favorite parts about this field trip was the Ranch Garden where we got to eat a fruit. The fruits were really good and sweet. They were straight picked from the garden. To be honest I loved the whole field trip; it was so beautiful to come here. I would love to come again.

Another one of my favorite parts of this field trip was the Rainforest. I really felt the vibe of a real rain forest. I love the fact that there is actual rain or water falling down on us. It was really hot in the rain forest. When I was going in to the forest, I thought it was going to be cold. I love the plants and seeing every different type of plant even



Rainbow Tunnel

## Huntington Library and Gardens *(continued)*

though some were really stinky. The rain forest was a great place to take picture as well, so when I went there I took a lot of pictures. My favorite part of the rain forest was smelling the different scents that the plants make, like the chocolate tree. There were four scents there - chocolate, coffee, cinnamon, and vanilla. My favorite was coffee; my second favorite was vanilla; my least favorite was cinnamon.

Lunch time was so good. We ate Jimmy Johns sandwiches. I love the ham and cheese and there Jalapeno chips and they were spicy.

One of my other favorite parts is the writing. I love writing. It's my favorite subject in schools. This is my favorite part of the field trip to the Huntington Park Library.

*By Aileen F.*

### **HOT AND HUMID**

It was hot in the rain forest. It was wet. warm and hot, and I got to smell chocolate.

And another favorite part is the house in the Children's Garden with the plants. I got to go in. It was fun.

I mostly like everything at the Huntington Library. I loved where

we could throw pebbles in and they made music.

*By Jael B.*

### **PLANTS IN THE RAIN**

The Rainforest Garden has plants and trees. It has water on the plants.

The Rainforest was so big. The Rainforest has fish in a pond. It was hot inside the Rainforest. The rainforest was my favorite part of the field trip to the Huntington Library.

*By Kevin B.*

### **COOL EXPERIENCE IN A HOT PLACE**

My favorite part of the field trip to the Huntington Library was when we went to the Rainforest Garden. It was hot in there but it still was a very cool experience, but of all the plants and the scent of the trees. All the plants were very beautiful and amazing. I also I like how all the plant look very fresh and not harmed because it just makes this place so bright and I just want to keep on coming. It is just something that is so mesmerizing. And I just love the plants because they come from all around the world and are so pretty.

This was the best experience I have ever had in all the field trips I



Children's Garden

have ever had – plus it is amazing how all the plants in the Children's Garden were all beautiful and interesting. This is why this is the favorite part of today's field trip. I just want to come here mostly all the time. It is just something you have to see. It is amazing. Wow!

*By Tyra H.*

### **FIELD TRIP**

I went on a field trip with my brother. We went to the Huntington Library with Press-Friends. The field trip was fun, and if I hadn't gone, I would have spent the whole day at home with my mom.

We saw lot of plants and animals. We ate some berries in the Ranch Garden, and Jimmy Johns for lunch.

*By Joseph H.*

### **NATURE SCENTS.**

Today I will write about the Rainforest Garden because all the plants were so pretty and it was so big in there. The smell was a little weird but all of it was really beautiful. There were little bottles of scents there that were really good to smell. The smells were vanilla, chocolate, cinnamon, and coffee beans; they all smelled really good. The Huntington Library and Gardens was as large as a whole ride at Disneyland and that's pretty big.

*By Jada G.*

### **CHILDREN'S GARDEN**

My favorite part of the Huntington Library was the Children's Garden. It was cool. The rain

*Cont. on next page/...*

## Huntington Library and Gardens *(continued)*

forest was kind of hot inside and there were sprinklers getting us wet and it felt refreshing.

Also, when I went to the Ranch Garden and there were edible flowers. It was good and there were some plants that did not look edible but were edible and really good, and that was surprising.

My most favorite part was eating lunch. It was really good and the food was called Jimmy Johns. I love Jimmy Johns. It is really good. Jimmy Johns is my favorite food because it

has food like the sub, chips, cookies, pickles, and mayonnaise. I don't like pickles, but I loved the cookies and the chips.

*By Nathalie S.*

### CHILDREN'S GARDEN

My favorite part was when we went to the Children's Garden and the Rainforest.

*By Emmy P.*

### RAINFOREST AND RANCH GARDEN

My favorite part of today's guide of Huntington Library was the Conservatory (the

Rainforest) because there were different plants that had different details. Another reason was the facts they gave you like how rainy the forest was. The rain forest gets an average of 50 to 260 inches. We also learned there were types of plants you can smell.

Another of my favorite parts was the Huntington Ranch Garden. I liked the Ranch Garden because you get a lot of different experiences. You get to try to eat different types of plants and fruits.

One thing I didn't

like was that the rain forest was too humid and it felt like you were trapped inside a blanket. The thing that I did not like about the Ranch Garden was that there were no bunnies. But otherwise, they were both amazing.

One more thing that was fun about the Huntington Library was eating, because it was a nice break with your friends.

These are reasons why you should visit the Huntington Library. It is a great experience for kids.

*By Lindsay L.*



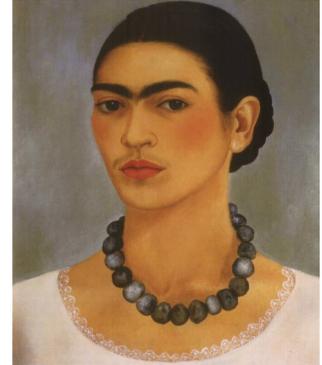
## Frida Kahlo

**F**rida Kahlo is a women that we all look up to for not giving up and pursuing her dreams. She was riding in a bus in Mexico that collided with a trolley car in 1925, when she was 18. This accident gave her pain throughout her life, and she be-

gan doing art during her recovery and to relieve her stress. She was known for being one of Mexico's best artists and her most famous painting was her 1939 painting called "The Two Frida's." Another well known painting was "The Wounded Deer"

that she painted in 1946. She married Diego Rivera in 1929 and they divorced in 1939. She died in 1954. Frida Kahlo's full name is also, Magdalena Carmen Frida Kahlo y Calderon.

*By Jada G.*



## Rosa Parks

**R**osa Parks was born on February, 4 1913. She was famous for denying to give up her seat on a bus to a white tourists in Montgomery, Alabama when the bus driver ordered

her to move. The driver called the cops and had her arrested. She was convicted of violating Jim Crow laws.

Rosa Park helped initiate the civil rights movement for The Unit-

ed States. She was known for a Montgomery bus boycott. Rosa became the mother of the civil rights movement.

*By Lilybeth M.*



## Sally Ride

**S**ally Ride was the first woman in the United States in space in 1983 when she was 32

years old. She was a physicist and engineer and had been a nationally-ranked tennis player.

Sally Ride was born on May 26, 1951 and died on July 23, 2012.

*By Solange C.*



## LA Galaxy

**T**he LA Galaxy is my favorite soccer team. I am going to an LA Galaxy game with my mom and a friend. This will be my first time going. I got the tickets for my birthday. They are going to play at the Los Angeles Stadium in the city of Los Angeles.

I hope to see my favorite Galaxy player, Zlatan Ibrahimović. On his jersey he wears the number nine. I like him as a player because he doesn't give up. He tries to fight to the end. I want to be as good as him when I am older.

I hope I get a good

seat and that the weather is nice. I hope the LA Galaxy wins the game or at least that they try their best to win the game.

Most of all I hope I have a great time at the LA Galaxy Stadium.

*By Carlos H.*



## John F. Kennedy



**J**FK was the 35th President of the United States. He was born on May 29, 1917. He would be 102 today if he hadn't been assassinated on November 22, 1963. He took the President spot in 1961, and he was in that role for two years.

He was assassinated by Lee Harvey Oswald. He was the second of nine children. He made a book on Why England Slept in 1940. This as

based on his senior thesis at Harvard University. He graduated with a BS in 1940 too.

In the fall of 1941, he joined the U.S. Navy. He was sent to the South Pacific. He was in a battle that sank his torpedo boat. He was awarded a US Navy and Marine Corp Medal because he led his men to safety. His brother died in the war, so he ended up going into politics. He had wanted

to go into journalism or academics.

He became a congressman when he was 29 and served for 3 terms. He was the youngest man and the first Roman Catholic elected to the presidency. His administration lasted 1037 days. He helped get the Nuclear Test Ban Treaty signed and wanted to combat communism.

*By Ronald C.*

## Technology and Cellphones



**T**echnology is a great service because it helps many people.

Cellphones have made life easier for people. It is easy to find people with a cell phone. Before you had to go searching from place to place to find people. Now they are just a phone call away. Cellphones with Internet

help people find products and where to buy them through advertisement. Cellphones also entertain people with shows like the *Amazing World of Gumball* and movies like *Shrek* on YouTube and Netflix.

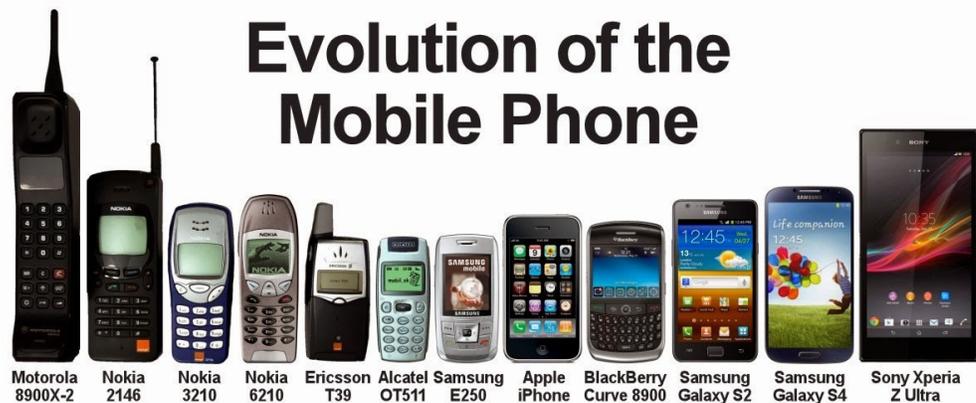
With a cellphone you don't have to feel desperate for entertainment. It is in your pocket.

You could play games like *Goons Io* and *Prodigy*. There is also texting on your cellphones. You can call your friends or mom. You can also use Google to help you answer questions while playing video games.

Technology has had a good impact on me and everyone.

*By Jael B.*

## Evolution of the Mobile Phone



Motorola 8900X-2    Nokia 2146    Nokia 3210    Nokia 6210    Ericsson T39    Alcatel OT511    Samsung E250    Apple iPhone    BlackBerry Curve 8900    Samsung Galaxy S2    Samsung Galaxy S4    Sony Xperia Z Ultra

## Baldwin Hills Field Trip

**B**aldwin Hills Scenic Overlook is a fun place to visit. Our class went on field trip there. The bus was taking long and we got there late but it was still worth it.

We went hiking I loved it there. First, we went sort of to the top with the bus then we started walking up the stairs, the stairs are so tall.

Then we separated from another class and

we went with a park ranger he took us down a trail it was a little steep.

We saw so many different types of flowers and we saw lizards they were so small.

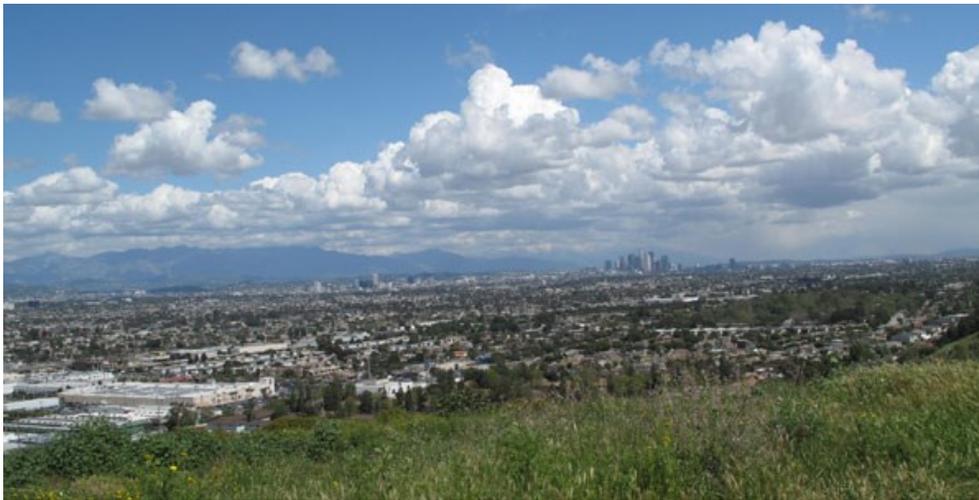
Next, we went back up the very steep trail and there were so many rocks I almost slipped while we were going back up they taught us about so many different types of flowers.

After, we all went to go to eat our lunch and go to the restrooms.

Last, we got back on the bus and got back to school and there was still time until we left home so we played four corners then we left home.

The field trip was a very cool and fun day, and I want to go back.

*By Fatima M.*



## Baldwin Hills Scenic Overlook

**M**y class and I went recently to a field trip at Baldwin Hills Scenic Overlook.

First, it was boring because the bus was not here. We waited for half an hour and it was already our play time and we were not on our way.

Then, the bus came and the class was so happy. We went on the bus and there was two men and two ladies telling us were to go.

First we went to the stairs and they were big. Then we saw a little lizard.

I was already hun-

gry and it was time to eat.

After the staff asked what was our favorite part of the field trip. Mine was going on the stairs.

Last we went on the bus it was fast. This was my favorite field trip.

*By Melany B.*



## Becoming a Mindful Global Citizen

*USC students, Amber Butler and Fatima Al-Sarakibi Hernandez, taught us how to be mindful at the USC REACH Symposium*

### CALM YOURSELF

Amber Butler and Fatima Al-Sarakibi Hernandez are two USC students who talked to us about how not to stress out. I learned how to calm down. “Mindful” is to not get mad and how to calm down. When I did the Mindful Exercises, they made me feel good.

*By Jeffrey S.*

### THE HIGH ROAD

I learned from Amber and Fatima how to calm myself. I also learned how not to get stressed out either. Another thing I learned is a new way to calm myself. For example, when someone hits you, instead of hitting them back, you could tell them, “Hey, I didn’t like that. Can you please stop.” If they don’t stop, you should tell your teacher and if the teacher doesn’t do anything about it, you could tell your mom, and if she doesn’t help, then tell the principal.

*By Jacob H.*

### TAKE A BREATH

What I learned about the Mindful Exercise was that whenever you

feel stressed or feel anxiety, you just have to take a breath. You also have to count down 10 to 0. Inhale and exhale. You can also try to control your emotions by thinking about something good that has happened to you. Lastly, you could also make your own or buy a stress ball.

Stress is an emotion that sometimes you can and can’t control in many ways. Emotions are the same but different reactions to every emotion. Angry people who can’t control their emotions might get so mad and throw stuff and destroy things. Every emotion has its own reactions.

*By Desirae M.*

### HANDLING STRESS

What I learned was when you are stressed, there are different ways to help yourself. The first way is that, when you’re mad or sad, you can take in breaths in and let them out.

Another way is that you can talk about it with someone you trust, like a friend or your mom and dad.



Amber Butler

When you’re at school, you can count to ten or just tell your teacher.

If you are really stressed out, take time to think about how you can fix it.

*By Jada G.*

### MINDFULNESS

Being mindful is important, because it affects your day – maybe in a bad way or sometimes in a good way. It depends on how you feel. There are lots of things that you can do that can help you stay calm when you are frustrated.

*By Elvia L.*

### WORKOUT TO KEEP CALM

The workout that Amber Butler and Fatima Al-Sarakibi Hernandez taught us was good. The



Fatima Al-Sarakibi Hernandez

workout was about being mindful. I think mindfulness is calming down when you’re mad. You should try being mindful if you feel anxious or mad someday.

*By Ronald C.*

### LEARNING TO RELAX

I learned that mindfulness is that when you feel upset or mad, think about what you did and if you did something wrong, count to 10 and maybe that will help you relax. Another way is to do yoga if you are frustrated.

*By Melany B.*

### MINDFUL

I learned how to be mindful. You can be mindful when your feelings are bad. When you are mindful, you don’t remember negative things. When you are

**Becoming Mindful** (continued)

mindful, you feel calm and great. When you want to be mindful, just go somewhere quiet and calm and think positive. That is what I learned about how to be mindful.

*By Tyra H.*

**HOW TO CALM DOWN**

I learned how to calm down and you should too! So first, if someone yells at you, don't yell back. You walk away and count "1, 2, 3" over and over until you calm down and if you still don't calm down, just breathe and breathe.

*By Jaleeya T.*

**HOW TO BE MINDFUL**

I have learned how to be mindful and to just calm down when there is a problem. Just breathe or count to ten. We can't control other people's emotions but we can control our own emotions. Emotions are ways to express our feelings when we're mad or sad.

To control our emotions, you can meditate. Or, when you're struggling, you can just take a break and when you're calmer, you can go back to what you're doing.

You can hurt people when you're upset when you don't even mean it.

When someone is mean to you, try to talk to the person to tell them to stop whatever the person is doing.

Last of all, you can do a mindful exercise to calm down and think about it.

*By Gaby P.*

**MINDFUL EXERCISES**

I learned how to be mindful and to be relaxed when you're mad or sad. And you can do a mindful exercise to

get relaxed. Close your eyes, move your arms, breathe and count.

When I tried the exercise, I was relaxed and happy.

*By Alysa A.*

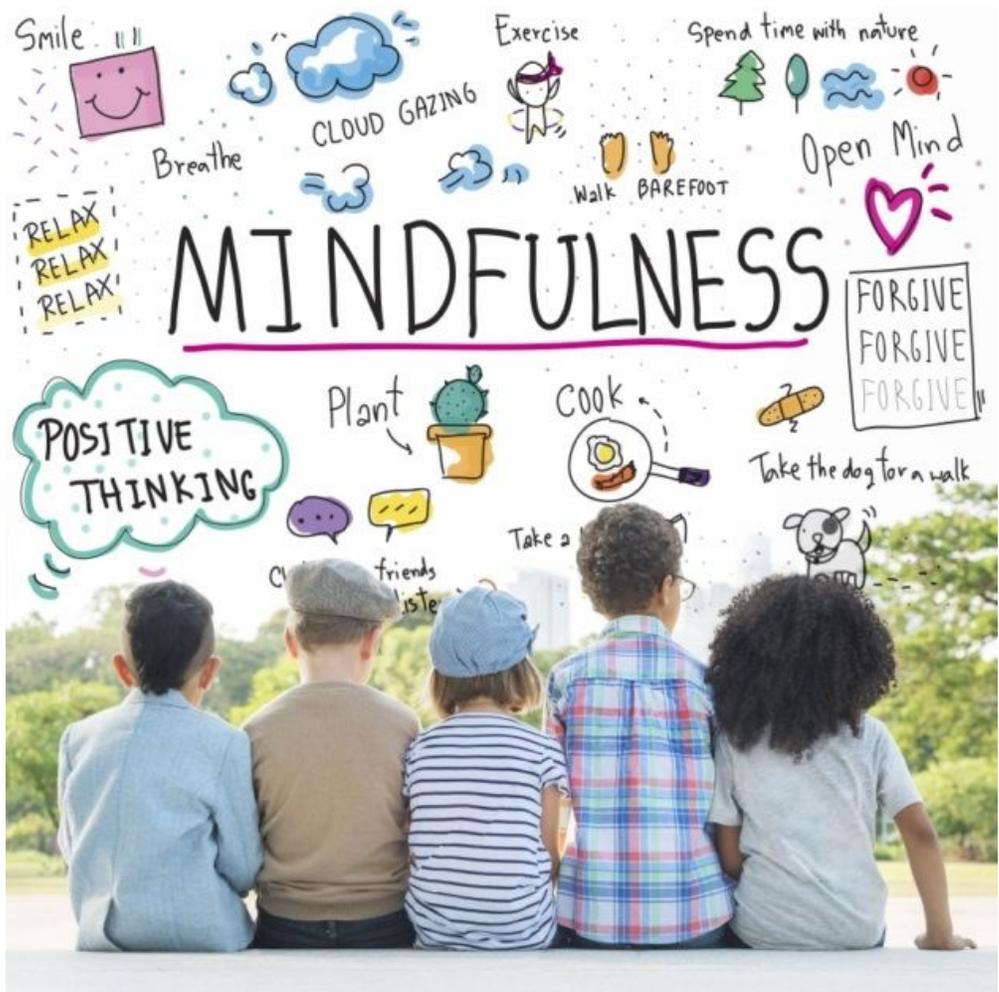
**LET'S RELAX**

I learned that relaxing is going to always calm your brain. One relaxing thing to calm your brain down is yoga. It always helps your brain calm down and relax so if you're mad, you can

calm down and just forget about your bad day and relax.

If someone else is having a bad day, it may ruin your day, so just walk away and don't mention it again, because it may ruin your day. Just talk to someone you really enjoy, like one of your best friends. One of my best friends is Jaleeya. So you can have a good day and not a bad day.

*By Rylee C.*



## Becoming Mindful *(continued)*

### CONTROL YOUR EMOTIONS

I learned that mindful is to control your emotions when you are sad or angry. You have to try to calm down. One way to calm down is to take a moment to relax and count to ten. For example, if someone is bothering you, don't hit them; it's better to tell them how you feel. You could tell them that you don't like it.

When I did the exercises that Amber and Fatima taught us, I felt calmer and I liked the exercises.

What I learned is that I liked calming down and understanding that mindful is about handling your emotions.

*By Sara F.*

### MEDITATION

At the USC REACH Symposium, I learned when you're in a bad mood, you can meditate, do yoga, or listen to music. But don't get someone else in a bad mood. Talk to them instead of using anger.

To be mindful, you can do a mindful exercise and relax. Stay calm by closing your eyes and think about something good that you have done. Something else I learned was that when you're frustrated, you can count to ten and take a break from what you are doing. When I am frustrated or stressed, I think about what I did and how I can make it better.

*By Fatima M.*

### BECOMING MINDFUL

Amber and Fatima taught us to be more mindful and to calm down when someone is being mean, annoying or trying to hurt you. I also learned to be more understanding of other people and to be more considerate when you want to scream and want to hit them. It is better when you breathe and count to ten. And to stand up and say to the people that are mean, "Stop, I don't like it when you're being really mean to me and my friends." And the last thing I learned was how to do a mindful exercise.

*By Lilybeth M.*

### HANDLING STRESS

I learned strategies to deal with stress from Amber and Fatima. They also taught us about emotions. Then we learned what to do when we are stressed. I learned to wait to be mindful — like counting to five.

Also, I learned how to be mindful if someone hits you. You can tell that person to stop but if they don't stop, you could tell an adult.

Last but not least, I learned the different emotions you can feel,

like mad, sad and happy.

*By Carlos H.*

### HAVE A GOOD DAY

What I learned at the REACH Symposium is how to control your emotions. The USC speakers, Amber and Fatima, asked us a lot of questions like — have you ever felt angry? They also asked what we could do to not ruin somebody's day.

We learned the things that we can do when we're stressed. Amber and Fatima showed us pictures and asked us if we ever felt this way and what we can do to be relaxed. They also gave us prizes for participating and they gave us exercises to do. They showed us how to relax.

*By Brenda P.*

### BE MINDFUL & RELAX

Mindfulness is good to relax. For example, if you get mad or bothered by someone, a way to relax is to be calm, and think about what happened right now. Whenever different emotions affect you, be mindful, relax, and don't think about what happened. Take deep breaths in and out. This is what mindfulness means.

*By Nashit K.*

relax Kids



**Becoming Mindful** (continued)

**COOLING DOWN**

I learned about Mindfulness from Amber and Fatima. I also learned that there are certain ways to cool down from an emotion. There are ways like stress toys, counting, and meditating. We also have to be aware of other people’s perspectives, actions and emotions.

I think everyone has different obstacles in their life and ways to overcome them. Therefore I think everyone has a different way of understanding mindfulness. In everybody’s life, there may be a hard topic to talk about, So you have to be mindful about what sets them off and aware of what topic you shouldn’t bring up. It’s always a good idea to know about other people’s feelings.

*By Melyda F.*

**MINDFUL CONTROL**

I learned that mindfulness helps you with a lot of things like when you are angry – just do yoga or count your numbers. Also, it can help you help with friends, like if your friends are mad or angry. You can tell your friend about mindfulness and tell them what to do, like yoga or other mindful exercises. You



can also help by telling them how are you feeling. If you’re feeling angry, breathe and talk about your feelings with your dad or mom.

*By Lindsay L.*

**TALK ABOUT IT**

I learned there are a lot of emotions and when you are mad, you can count to ten to stay calm. Sometimes when I am frustrated, I go to talk to my mom or dad

and together we find a solution of my frustrations.

*By Nathalie S.*

**DON'T GET MAD**

One way to become mindful is to take deep breaths when you are feeling mad or frustrated. Another way to be mindful is counting to ten. Being mindful means to relax instead of getting mad.

*By Jael B.*

**BEING MINDFUL**

I learned to be mindful from Amber and Fatima, and what to do when I am sad, angry, stressed out, happy, or scared. I learned that I can do yoga or take deep breaths or take a rest from a bad day. I learned that watching an Autonomous Sensory Meridian Response (ASMR) video can help me relax.

*By Ellanie C.*

## Cancer and the Immune System

*USC Biomedical Engineering PhD student Gunce Cinay taught us about cells, cancer and our immune system*

I learned about Cancer. Cancer is not contagious. Cancer is a disease that can kill you. There are different types of cancer.

DNA has information about ourselves. Healthy cells can change into cancer cells. Sunlight can mutate your cells and give you skin cancer, which is why you should use sunscreen. Smoking can also mutate your cells and give you lung cancer.

One cell becomes two cells, then three, and then more cells. This is how cancer can spread.

Our immune system can help us fight cancer. T-cells can be used to help destroy cancer cells.

*By Gaby P.*

Cancer is a serious disease, but cancer is not contagious. If a mother has cancer and is having a baby, the baby does not have cancer.

You have cells in your body that help your skin, eyes, and lots more things in your body. White blood cells

can kill cancer cells. Healthy cells can turn into cancer cells; and when the cancer cells divide, they continue to grow. Cancer cells are really powerful, and they can divide to make a lot of cancer cells.

I learned that our body has a lot of cells and sometimes these can become cancer cells. Cancer is not contagious, but it is a serious disease.

*By Elvia L.*

I learned is that your cells can help you stay young. I also learned that cancer is not contagious. You can treat cancer with surgery, chemotherapy and radiation.

*By Jael B.*

Gunce Cinay is from Turkey and studies science. She talked to us

about healthy cells, and about cells that become cancerous.

*By Jada G.*

Our body is full of cells. If they are not healthy, they divide and form new cells very quickly. If they are not healthy, they die. If you have cancer, the cells divide more and more. When you have cancer, the cells have lots of energy. Cancer is not contagious.

*By Melany B.*

Healthy cells can mutate into cancer cells, which can cause a tumor. In order to reduce the chance of getting cancer, eat healthy and live a healthy lifestyle.

*By Tyra H.*

We learned that blood cells can



Gunce Cinay

expand and get bigger and bigger. We also learned that healthy cells and turn cancerous.

*By Jaleeya T.*

Kids can get cancer but most don't. If you packed a large football stadium with kids, probably only one would have cancer. To treat cancer, a doctor could prescribe surgery to cut out the cancer; chemotherapy, radiation or sometimes a combination of these treatments. To be immune

Smoking accounts for 80% of lung cancer deaths. Lung cancer is the leading cause of cancer death in both men and women, and is one of the most difficult cancers to treat.



**Becoming Mindful** (continued)

is to be protected. Cancer is not like the flu or cold; it is not contagious.

*By Rylee C.*

**O**ur whole body is made of cells. There are different types of cells. Cells can divide into new cells. Cells can also die and get old.

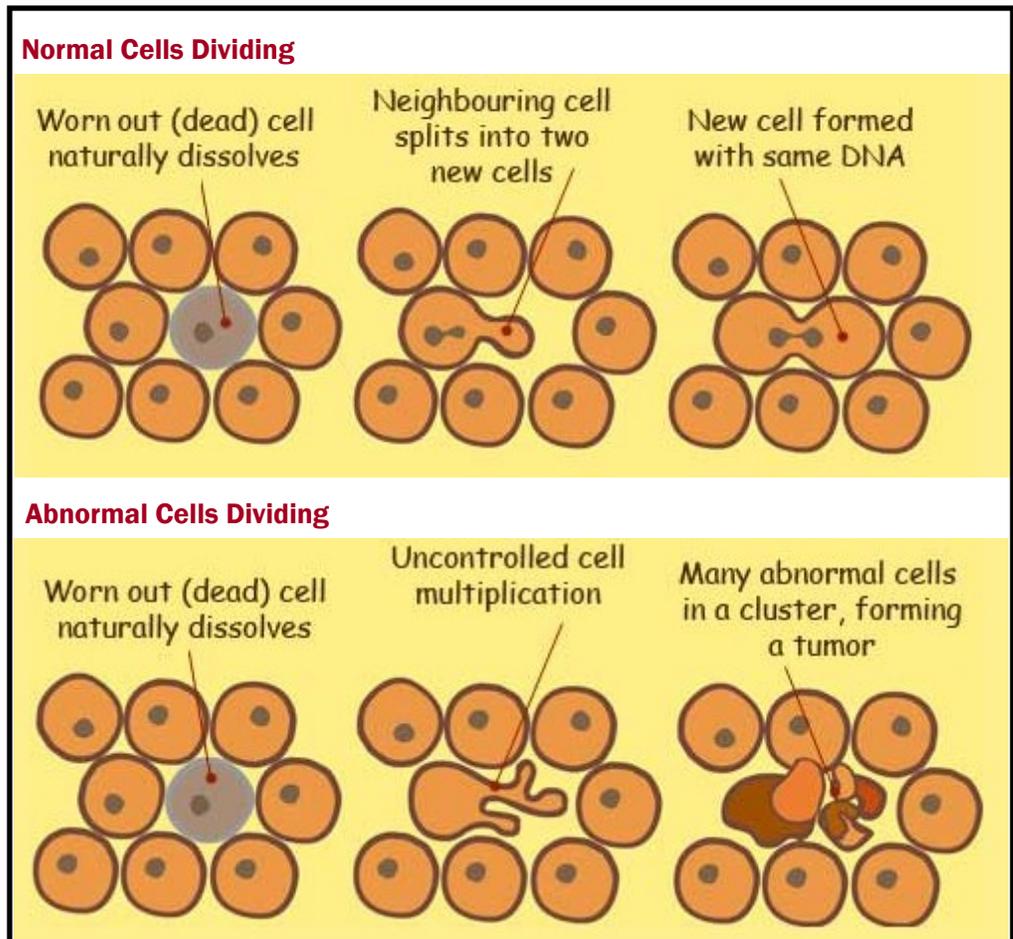
Healthy cells can change in bad ways and turn to cancer cells. I learned that too much sun can give you cancer. Also, if you smoke, you can get lung cancer. Cancer cells are very very hungry and they take food from other cells and have so much energy that they make more cells.

Cancer cells never die. We have white blood cells that can kill cancer. Cancer is not contagious.

*By Fatima M.*

**W**hat I learned was that cancer cells are made by healthy cells. The healthy cells mutate into cancer cells. Cancer cells don't die like other cells. They decide to divide and cancer cells can cause you to die.

For some cancers, you can have surgery to treat it. But cancer is not contagious like the flu



or a cold, so if you have cancer, then have a baby, the baby won't have cancer.

Also, our immune systems can fight cancer.

*By Lilybeth M.*

**I** learned that Gunce Cinay is from Turkey and that she didn't know what she wanted to be when she was growing up. But then she was always interested in science and she became a scientist studying cancer.

She told us that our cells grow and if you get cancer, you would not be healthy and you can't smoke. There are a lot of T-cells that can kill cancer cells. Also, there are different types of things that you can do in the hospital to kill cancer. This talk was amazing.

*By Brenda P.*

**W**hen you are a baby inside your mother's tummy, you have one cell and when you grow, you have

more cells and DNA is when you have a connection with some one like your mom or dad and you have the same blood.

When cells get old, they die and they want to live forever. Cancer cells have energy if you don't smoke or don't eat too much junk food, then you can help stay healthy. If a person has cancer, you won't get cancer. If a mom has cancer, her baby won't get cancer.

*By Nathalie S.*

## What Does It Mean to be a Doctor in China?

*Reporters from the Mack Squad News heard from USC Annenberg PhD student, Yue Yang, about the role of doctors in China*

**T**here are doctors who take care of people. They are all over the world. We are lucky in the US to have good doctors. We trust them.

I learned that some people in China attacked the hospital because they got mad because of the high prices. I learned that a few doctors died because people attacked them.

In conclusion, I learned that people had to pay to get their medicine.

Another thing I learned is that in China, they only study medicine for 2 years instead of 8 years.

*By Jacob H.*

**W**hat got my attention was that the doctor's patients were upset with doctors because the government did not provide enough care in China. The patients were also upset because every year, the doctors would raise money for surgeries and medical things. It's sad how several doctor died because of that situation. In conclusion, doctors do care for people. The system shouldn't

force them to be greedy and selfish for just the money. They have to earn that.

*By Desirae M.*

**I**n China, doctors were getting attacked in hospitals, because the government said, Let the doctors try to earn their own money and once the government did that, the doctors started to raise their prices. Then their patients started to get mad. Several doctors got killed and we learned on the dark web in China, it shows who got killed. China is a big place. Their traditions of medicine are different.

*By Jada G.*

**I** thought that being a doctor in China was like being a doctor in California, but I was wrong. I saw many different images of doctors and nurses. White uniforms were common. Doctors in China come from a different tradition. The system has stresses. Some fought with patients and because of this, a few doctors died. Now doctors

in China get together and make a lot of informative videos about their good work and your health.

*By Elvia L.*

**C**hina was extremely poor from 1949 to 1975, so it decided to reform and develop in 1978. The state cut funding to public patients. Many patients in China no longer have state insurance or free medical treatment. The patients were angry because of the cost of insurance and struck out at some of the doctors. The costs and care for patients is still an issue.

*By Tyra H.*

**I**n 1949 to 1975, did you know what patients did to doctors in China? Well, let me tell you. People expected that they could get medical care. The state did not provide the resources. There were few doctors. Some raised prices to make money. Patients would hurt a few of them badly, because the doctors would put very high prices for the patients just for them to get bet-



**Yue Yang**

ter and that wasn't okay. So now you know issues for doctors in China.

*By Jaleeya T.*

**I** learned about doctors in China. Doctors find cures for people that are sick. China was very poor, so in 1978, the Communist Part implemented economic reforms. Doctors in China wanted money, so patients had to pay a lot. Sometimes, patients would get really mad so they attacked doctors for paying too much. Doctors care about people and do a lot of work. Doctors in China have to train for two years.

*By Gaby P.*

**C**hina was very poor under Mao, and economic reforms were implemented after Mao died. Many patients no longer had state insur-

## Doctors in China *(continued)*

ance or free medical treatment. Patients got so angry that they fought the doctors and killed some of them. Doctors now talk to the public directly about their health and medicine, and appear more professional.

When you grow up, you can be many things. You might want to be a doctor when you're small, but when you grow up, you might decide to be many other things, such as a lawyer. You can be anything you dream to be. Just believe in yourself and you will become it. Just dream big.

Do you know about doctors in China? Well, let's talk about it today. So starting with doctors. A few doctors in China have been killed by their patients because they were angry because the doctors asked for money. Patients who didn't have any money to pay got really mad and angry, and because of that they hurt them really badly. A lot of doctors in China are really really good, and some caring doctors died.

*By Rylee C.*

I thought that a doctor in China was the same as a doctor in California.

But I was wrong. I listened to Yue Yang's presentation at the REACH Symposium and learned that doctors are not all the same. In China, doctors had to ask people to pay for medical care. They started to make people get more and more medicine to get more money. Patients get angry and didn't want to pay that much money, so they started using anger instead of words. Some doctors in China were killed by patients, because they were making them pay a lot of money.

*By Fatima M.*

I learned that doctors aren't what they look like in pictures or what you see on TV. I learned that in China,

doctors are hard working. The governor wanted doctors to encourage patients to give them a lot of money. Then the patients got angry that they fought the doctors. But the doctors did not stay still that they said they did not want fights in the hospital.

*By Lilybeth M.*

First, I learned that Chinese people were doctors because Chinese people were extremely poor and decided to reform and develop their economy in 1978. Next, I learned that Chinese people trained two years to be a doctor. Then I learned that when Chinese people were doctors so they charged their patients a lot of money to get a

check up so the patients attack the doctors so the doctors had to go on strike. Last but not least, Chinese people made medicine during 1949 to 1975.

*By Carlos H.*

Yue Yang told us that when she was little, she went to a hospital to say Happy New Year. Many people thought it was bad luck. Then she said that there was medicine that would help the Chinese people. She also said that there were few babies that were dying. People used to be able to go to the hospital and not pay anything but then they had to start paying and pay a lot and then the prices kept going up, so the patients attacked the doctors. The doctors marched on strike.

*By Brenda P.*

I learned that being a doctor in China can be dangerous. In China, people used to get free medical care, but in 1978, the government began to encourage doctors to charge for medical care. Some patients got mad and attacked the doctors. .

*By Nashit K.*



*Cont. on next page/...*

## Doctors in China *(continued)*

Yue Yang's presentation was about Chinese doctors. Sadly, in China, being a doctor is kind of bad because of the possibility of getting attacked. Some people have actually died by the hands of their patients. Patients got mad at the price they had to pay since the doctor, nor the patients, are getting funded by the government. But in China, they still have really good treatment, but it's expensive. So, if you're a doctor in China, just be careful.

*By Melyda F.*

I learned that some doctors, when they

had nothing to help some patients, their patients would get angry. So they brought neighbors and family members and fought telling we need better help. When they were fighting, some doctors got killed. After doctors got angry and fought back. Making posters stope this all we could. Doctors in China only have training for two years, but Americans have up to eight years.  
*By Lindsay L.*

Being a doctor in China is hard, because China is a big country and there are a lot of people and China was a

poor country. Doctors tried to target money to cure people, and that made the people mad. The people started to fight the doctors and sometimes killed them. And then the doctors started going on strikes.

*By Nathalie S.*

One thing I learned was in China, doctors died by angry patients.

*By Jael B.*

I learned that being a doctor in China is rough but it is a good job for people who want to become a doctor. Being a doctor gets paid a lot of money but is the pay the right amount of money for the things you

need. People like to go to the hospital but patients get made and think violence is a good thing to do and hurt other people just because something is wrong or too expensive. Yue Yang talked about all of these things.

*By Ellanie C.*

Some families in China need money, because some people in China are still poor.

There are a lot of superstitions in China, and when Yue went into a hospital on Chinese New Year, people thought it was bad luck. But she is a good person.

*By Emmy P.*

## Isabella Custino

*Reporters from the Mack Squad News interviewed one of the singers with the USC A Cappella group, Reverse Osmosis*

Isabella started singing in 2nd grade or earlier. She likes being in Reverse Osmosis so she can sing with her friends. Her favorite song is "When We were Younger" and her favorite singer is Adele. She practices about an hour every day. Isabella's advice to someone who wants to get into singing is to keep trying

to get better and believe in yourself. It is important for singers to stay hydrated. Reverse Osmosis does four or five performances a year.

When she graduates, Isabella wants to be a singing teacher. She likes watching television when she isn't singing or studying.

*By Jada G.*

Isabella started singing in the 2nd grade. She likes singing with Reverse Osmosis, because she likes being in a group. Her favorite singer is Adele and her favorite song is "When We Were Younger." She practices an hour or two a day and wants to be a singing teacher when she graduates.

When Isabella has free time, she likes watching TV and taking naps.

*By Desirae M.*

Isabella sang with Reverse Osmosis at the USC REACH Symposium. She started singing in 2nd grade and likes being in a group. But she also sings solo. She

## Isabella Custino *(continued)*

hopes to become a singing teacher.

Isabella's favorite singer is Adele, and her advice to others who want to get into singing is to keep doing what you do and believe in yourself.

*By Jacob H.*

Isabella sings solo as well as with Reverse Osmosis. She is studying choral music and wants to teach music. In her free time, she likes to watch TV. To protect her voice, she said don't yell or scream. She likes singing in concerts.

*By Tyra H.*

Isabella has been singing since she was in 2nd grade. She began singing a cappella in middle school. If you are interested in singing, her advice is to keep singing. She is studying music at USC and would like to teach music when she graduates. To save your voice, don't yell out loud. Isabella said her parents inspired her and her music teachers encouraged her when she was young.

*By Gaby P.*

Isabella started singing in 2nd grade. She has

been singing a cappella since middle school. She likes singing with Reverse Osmosis because it's fun, but she also sings solo. Isabella's favorite song is "When We Were Young."

Isabella said that to protect her voice, she said it is important to warm up. She is studying choral music at USC and when she graduates, she would like to study conducting. When she isn't studying or singing, she likes watching TV, cooking and baking. She said that the performance at the REACH Symposium was one of her favorite performances.

*By Fatima M.*

Isabella started singing when she was in second grade and then started singing a cappella when she was in middle school. She enjoys singing in concerts with Reverse Osmosis, and her favorite Reverse Osmosis performance was singing for Press-Friends at the REACH Symposium. If someone wanted to join Reverse Osmosis, she said they should keep singing and practicing. She would like to teach music after she graduates from USC. Isabella's favorite singer is Adele and her

favorite song is "When We Were Young".

*By Lilybeth M.*

Isabella likes to sing with Reverse Osmosis, and she studies choral music at USC. She would like to teach music when she graduates.

Her advice to someone who wants to join Reverse Osmosis is to learn a lot of new songs.

She said that singers should not scream or yell so they do not ruin their vocal chords. She has been singing since 2nd grade and has been singing in a cappella groups since middle school. She practices one or two hours a day.

*By Brenda P.*

Isabella started singing when she was really young. Reverse Osmosis is a fun singing group and the favorite song that Reverse Osmosis sings is "How Long" by Charlie Park. Her favorite singer is Adele, and her favorite song by Adele is "When We Were Young." She does a lot of singing, conducting and beatboxing. She is studying Choral Music at USC and would like to teach conducting after she graduates.

*By Melyda F.*



Isabella Custino

Isabella said it is good not to speak too loud and drink tea if you are a singer.

Isabella likes singing popular music with Reverse Osmosis and is studying choral music at USC.

When she is not studying for school or singing, she likes to watch TV, cook and sleep.

Isabella has been singing since the 2nd grade.

*By Ellanie C.*

Isabella started singing in the 2nd grade. Her favorite song is "When We Were Young" by Adele.

Isabella is studying choral music, and when she isn't studying or singing, she likes cooking and watching TV.

*By Emmy P.*

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