

# SALMON CREEK VOICE

Issue Three

February 2010

## Students Give Tour to Schultz Personnel

By Nica Goldstein

Salmon Creek may be the inspiration for new comic strips!

In early January, 6th grade students Nica Goldstein and Cassidy Mountjoy gave a tour to two people who work at the Schultz Museum in Santa Rosa. These people came to school to learn about Salmon Creek's composting/recycling program, and also to learn a little about the new Falls Center.

The visitors wanted to learn about all the environmentally friendly things we do here at the school. They want to write comic strips to inform everyone about how to help the earth and they wanted ideas from us!

Cassidy said, "We just did our regular script that we use for tours, but added more things off the script about composting and recycling."

The students also showed them the garden and worm bins, along with the observation deck.



*Cassidy Mountjoy and Nica Goldstein give a tour of the Falls Center to people from the Schultz Museum.*

## Fun in Chinatown

By Wesley Albini

Many students have visited Chinatown and have greatly enjoyed the informational and fun trip. Salmon creek has gone in the past on the Larkspur ferry. Mostly the sixth and seventh graders have gone.

Chinatown is a very cultural exposed town. They offer many cool stores. Their stores have many cheap items. The items range from Samuria swords, fireworks to small items like good luck Buddhas statues. Once you get hungry, Chinatown has many varieties of foods and drinks. If you order fish, some restaurants even get live fish from a tank. Chinatown is a fun place.

## Child Obesity Still a Problem

By Cassi Salva and Paige Hetler

America is one of the world's richest countries. Why shouldn't we be the healthiest, too? Unfortunately, America is also home to the most obese people in the world, including children.

According to the CDC (Center for Disease Control and Prevention), obesity in children has tripled in the past 30 years. Instead of eating a diet of good food coming directly from the land, Americans eat a diet of packaged and processed foods. The average kid sees more than 10,000 food ads on TV each year that are mostly for high calorie, high fat, and high sugar meals. Not only do the fast food places spend billions of dollars a year on marketing, but they have also come to our schools, signing contracts with them. It's no wonder we have an increasingly obese population of children (who in time will become an obese population of adults).

Obesity is the second cause of death next to tobacco-related deaths. Eating fast food and microwaved dinners is very bad for the health of children. Highly processed and refined products that our in our grocery stores are packed with sugar, hydrogenated oils, and tons more ingredients. These rates have gone up dramatically over the years, causing a higher chances you diabetes in children.

We highly advise you to stop going to fast-food restaurants and start shopping at your local grocery stores such as Andy's Market, the Bohemian Market, Whole Foods, and Pacific Market (Fiesta). These stores are all great healthy substitutions for average fast food choices. Salmon Creek School has also changed its food program to provide healthier choices for the kids.



## Assembly for “Girl Who Cried Wolf”

By Cleo Hadid

*The Girl Who Cried Wolf* is a parody of the original story, *The Boy Who Cried Wolf*. It is supposed to be a parody, which is a joke of the real story from Aesop’s Fables. Fables are stories with morals. This assembly was put on at Salmon Creek School on Thursday, January 14th by Tater-Tots, which is a local company located in Sebastopol.

The performance started out with an explanation of why the main character is a girl instead of the the boy. Apparently, the story was that the boy quit his job and left it to a woman. Because of this, it was *The Girl who Cried Wolf*. Since her script was not memorized the actress had it with her the whole time.

The story was about a girl who had to take care of her sheep all day. She got bored and wanted attention, so she cried to the town that there was a wolf getting her sheep. Of course it wasn’t true.

She did this a few times. Each time someone came and found no wolf. After the third time of calling wolf, a true wolf came. She did not know where her sheep were. She was very frightened, but since she lied earlier no one came to help. After a while she found her sheep.

The moral of this story is not to lie, or you won’t get help.

## The Great Pacific Garbage Patch

By Dylan Henriksen

You have, of course, heard of the pollution problem in the ocean. There is a giant garbage patch in the Pacific Ocean that is twice the size of Texas!

It has been gathering garbage since 1950. The garbage patch is 80% plastic and weighs 3.5 million tons. That says a lot about the way we treat our planet. One thing that I think is really sad is that plastic is still being used every day. We can’t clean any of the trash patch now because it will just keep collecting more trash. We have

got to stop using plastic. Using all those plastic bags is not helping anything.

When you go to the store, don’t let your parents buy plastic water bottles. There is no excuse for that. Most stores say, “Well, we have reusable bags. They may be plastic but that still counts.”

That’s pathetic. A lot of people think that using plastic is o.k, just because of money. Those people that have that opinion are selfish. The world doesn’t exist to please one person. It’s for all of us. We should treat it with respect, or we can die from our mistakes. That’s what a lot of people don’t seem to care about. I think things need to change.

## School News

### Aide Loves Salmon Creek

By Bailey Bradbury

At Salmon Creek School, there is a new aide and her name is Melissa. She works with the students.

She started working here at the first of the year, because Mary needed help in the Learning Center. She lives in Rohnert Park. She also has worked at many other schools such as Santa Rosa High. Melissa loves this school!

### Student Council Makes Plans

by Mark Terrero

In student council so far we have planned two dances and two Renaissance Fridays. In student council we plan many fun student activities. We will plan spirit week which is where for a week you dress up, like crazy hair day, sports day, and so on. The next thing we’re trying to do is set up another dance and Renaissance Friday soon. The dance will be a fundraiser for victims of the earthquake in Haiti.

### Jog-a-thon Coming Up Soon

By Emily Dean

The jog-a-thon is a fun event where everyone runs to raise money for different projects. In the past, grades 5-8 ran to raise money for their Yosemite trip, but this year it’s grades K through 8 raising money for the new playground structure.

The event will take place on February 12. Whichever class raises the most money gets to choose either a pizza party or an ice cream party. Right now the 6<sup>th</sup> grade class is in the lead, but Miss Kleimo’s 1<sup>st</sup>/2<sup>nd</sup> grade combination class is a close second.

January 20, 2010

Book

Reviews

***The Cat in the Hat****by Dr. Seuss*

*The Cat in the Hat* was the first book I ever read. I am very fond of many of Dr. Seuss's books, but this is my favorite book because it is catchy and exciting.

The main characters in this book are the mother, the fish, two kids, and a cat. The story is about when a mother leaves her two kids at home alone. A cat comes in and tries to entertain the two kids. The kids have too much fun and they make a big mess in the house. Meanwhile, the fish gets so mad and scared that something will go wrong. In an attempt to help clean the mess they made, the cat brings out Thing 1 and Thing 2. The Things always do the opposite of what you say or tell them to do. So the children tell the Things to clean the house. Of course, the Things make a giant mess! After all this chaos ends, the two kids and the cat clean up just in time before the mother comes back.

In 1957, Dr. Seuss's publisher gave him a challenge to write a story using a list of 225 words that first graders needed to learn to read. This book took Dr. Seuss one whole year to write. Even though it took him a year to write, it was an instant success. At age fifty-three, he would never have to worry about money ever again.

*Reviewed by Jessica Paulick****Lord of the Flies****by William Golding*

*Lord of the Flies* is about these two kids, Piggy and Ralph, who crash on a plane on an island where they have no idea where they are. Soon they find a conch shell and blow into it and all these different young kids come out of the forest and they all become friends. Whenever they have a problem they have a meeting. At one of the meetings they choose who should be the leader and they choose Ralph.

This book is mostly about a bunch of teenage boys who try to survive on an island, where they have no idea where they are and they try to do everything possible to get rescued.

My opinion about this book is that it was very interesting, adventurous, scary at sometimes, and when my mom said it was time to go bed I didn't want to stop reading. When I read this book it makes me feel like I am in the book. I recommend this book to people who like scary, adventurous, and exiting books.

This is one of my all time favorite books now.

*Reviewed by Emily Dean****The Omnivore's Dilemma*** *by Michael Pollan*

Did you know that the base of our food is corn? Well, it is. And if you think it's not there, it is. It's in disguise as: Modified Starch, Unmodified starch, Glucose syrup, Maltodextrin, Ascorbic acid, Crystalline fructose, Lactic acid, MSG, Caramel color, and Xanthan Gum.

Michael Pollan published *The Omnivore's Dilemma* in 2006, in which he thinks up the question, "What should we have for dinner?" To find out, Pollan follows each of the food chains that feed us: industrial food, organic or alternative food, and food we gather ourselves, from the source to the final meal, and how it is made. He takes us from Iowa cornfields to food-science laboratories, from feedlots and fast-food restaurants to organic farms and hunting grounds, always talking about how we depend on a handful of plant and animal species. Every time Pollan sits down to eat he thinks about where the food came from, how we just consume food and don't think about how it was made and what we are unwittingly ingesting and mindlessly eat from.....corn.

*Reviewed by Kaiya Ming*

## “Coraline” World Not What it Seems

The movie “Coraline,” which came out last year, is about a young girl who finds another world that she thinks is better than the world she actually lives in.

Unfortunately, the new world isn’t what it seemed to be at first. In the new world, everyone has button eyes! Coraline’s button-eyed mother is one evil soul and does some awful things. Although things aren’t well in the button world, Coraline has a strange but friendly cat to help her. In the end, things turn out well.

This movie can be quite frightening for people 10 years and younger. It has been said to be visually stunning and wondrously entertaining. It has been rated 89% on Rotten Tomatoes website.

*Reviewed by Dylan Henriksen*

## “Avatar” Fulfills Director’s Dream

In the newly released movie “Avatar,” directed by James Cameron (who also directed “Titanic” and “Terminator 2”), the army traveled to a new world to try to get a very valuable rock to sell. People are transformed into alien-like creatures (avatars). People are trying to get the valuable rocks from underneath the natives’ home tree. It’s an odd kind of love story, but it’s also sad and violent, even scary. The army makes war against all the native clans but if you want to know the rest, see it!

Avatar is a GREAT movie! It is mixed with animation and real life. The director said this was his dream movie, and finally the technology existed to make it. It has really good 3-D effects. I have to say this is one of the best movies I have ever seen!

*Reviewed by Joy Risley*

Film  
TV  
Music

## American Idol Changes Judges

*By Kalyn Otsen*

“American Idol” in the next two years will be very different. Both years will be different because this year Paula Abdul will be leaving the show. Paula was known as the nicest judge. She always had something positive to say about the contestants’ performances. Paula’s replacement judge will be Ellen DeGeneres.

Ellen has her own talk show. Will Ellen be considered the nice judge just like Paula? Ellen will be starting “American Idol” once they get to Hollywood.

Simon Cowell will be leaving the show next year, when they start up “American Idol” in 2011. There will be no judge replacing him. There will only be Kara, Ellen, and Randy.

## Paramore Releases New Album

*by Cheyenne Freeman*

Paramore is an American rock band that formed in Franklin, Tennessee in 2004. The band includes lead singer Haley Williams, lead guitarist Josh Farro, bass guitarist Jeremy Davis, drummer Zac Farro, and Taylor York playing rhythm guitar. Paramore’s newly released album “Brand New Eyes” was released last September.

The album includes some of my favorite songs: “All I Wanted Was You,” “Playing God,” and “Brick By Boring Brick.” Personally, I think Paramore is really good. I like Paramore because their music is upbeat and their song lyrics are catchy.

## Oscars are Coming

*By Cassidy Mountjoy*

The Oscars are coming in February: All of your favorite movies and more that you have not experienced. The Oscars tell you about movies that you have not yet seen that might be good.

I always watch the Oscars to see what movies are total hits and what didn’t make it to the Oscars. The Oscars have every category of movies and are hosted by the movie industry. All of the movie stars come to the Oscars even if they weren’t nominated for a reward. I have always wanted to watch the stars walk down the red carpet in person, but haven’t had the chance to. I hope everyone experiences the Oscars.

# Sports

## Cow Tipping

By Jacob Kowalick-Allen

Cow tipping was invented to aggravate city people coming to the country; farmers would send them on “wild goose chases” to try to tip over a cow. Many people think tipping a cow is an easy feat, but these people are sadly mistaken. The popular belief is that cows are slow, stupid animals, but actually they are smart, fast and aware of their surroundings. For starters they would be hard to sneak up on. Cows are also steady, stable animals; it would take at least two people to tip over a sleeping cow. If the cow woke up it would take at least 4 people. For animal lovers, cow tipping is intolerable; it could not only injure the cow it could kill it. The cow’s neck could break or a rib could sever, puncture an organ, and the cow could die of internal bleeding.



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## Girls Volleyball Starts Up Again

By Liam Peterson

The girls in the 7-8 mixed volleyball team are very excited about volleyball this year. Some of the girls on the team are excited because they like to play, and volleyball only comes once a year and it’s the only sport some play. Most of all, the girls like to be with their friends. Girls volleyball this year is looking to be a good season. I would recommend coming and watching this year.

## The Olympics Come Back

By Madison Dean

This year the winter Olympics will be in British Columbia. Vancouver, Whistler, and Richmond will be the hosts of the 2010 winter Olympics. There will be seven winter sports for the Olympics. They are skiing, skating, bob-sleighting, luge, biathlon, ice hockey, and curling. The winter games will take place February 12-28. The Paralympic winter games will take place March 12-21.

I asked six people what they liked best out of the seven sports. Erica liked skating and so did Cassi. Emily liked skiing, Mark liked luge, and Liam and Cassidi liked ice hockey.