

# THE WORLD IS IN OUR HANDS

The World Is In Our Hands Spring 2010



We Are The World, We  
Are The Children  
Changing The World One  
Person At A Time

## A Special Thank You

This magazine is our world today, retold by the 5th grade of P.S. 35. In it, we have written our ideas and opinions, examined the past and shaped the future, and worked together to create a selection of creativity and emotion, while opening up the skills of writing and editing, to form an unforgettable, unique learning experience.

A special thank you to our principal, Mrs. Garofalo, who bought the Mac that made the magazine, and to every 5th grader at our school who all share our thoughts on the earth as we know it.

-- The Committee

# P.S. 35

## The Clove

# Valley School



## I could improve my diet by...

By: Ryan McGhie

I could improve my diet by eating healthy. I know what you're probably thinking; "eww", you're going to only eat healthy foods?" Well, no. Eating healthy can be fun. How, you may ask. Let me tell you.

First off, just because you're eating healthy does not mean you're going to throw out all your candy and sweets. It just means that you have to watch out how much you're eating.

Remember, you don't have to replace your food; you just need to even it out.

Eating healthy doesn't mean you have to eat foods you don't like [all people have different opinions]. You could have something sweet like an apple or a plum. Remember, eating healthy does not mean stop eating or give up things you like. It means finding healthy things you like.

# Recycle

By: Dyl Ujkasevic

Everyday you throw away something, so do your friends, neighbors and just the about the entire planet- recycle. There are about 6 billion people on the earth who regularly throw things away. With so many people throwing things away we end up having quite a lot of trash. This leaves us with a big problem and an endless amount of questions that we try to answer.

Here are some interesting facts about recycling. After reading these facts, hopefully your questions will be answered.

- Recycling saves energy, when we make old paper to new paper.
- When we recycle, we use 60% less energy than making it from timber.
- Recycling saves money, we throw away 27 billion glasses, containers, each year.
- Glass is 100% recyclable and can be used over and over again.

So let's all make a difference in our environment and recycle because as you can see only good things happen by recycling.

# The Environment

Ryan McGhie

The environment is in danger. We need to save the world and stop global warming. Now, I know what you're thinking, "Oh I'm just one



person. I can't do anything." Well you're wrong. You can help, and no, not just by recycling. There are many other ways. You can do simple things like turning off the TV, lights, or stereos. Another think that helps is not leaving your charger on when it is finished.



# I could get along better with my classmates by...

By Ryan McGhie

I could get along better with my classmates by becoming their friends. Being and becoming friends is hard. But I can tell you how to get through it.

One great way to make or be friends is to play games

with them. This introduces them to you and if you're playing team games it shows how you can interact together.

Another thing that bonds or introduces a friendship is talking and joking. Then your friend gets a feel for you and your humor. Once you and your friend are really close you will start talking and joking more often.

Sometimes friends can help you with something you don't understand. Making a friend can make you and others happy and then you will get along better.



## Getting Along With Friends

By Ryan McGhie

Sometimes you might fight	But always at these times
Sometimes you might disagree	You will have a friend at your side
Sometimes you might be upset	Because friends are meant to be
Sometimes you wish not to be	

Emily  
Kroylak

I can improve my diet  
by, eating healthy...



## I Can Improve My Diet By...

By: Peter Liu

I could improve my diet by making smarter choices in eating. Instead of a bag of potato chips for a snack (and believe me I ate plenty of that) I can eat an apple or pear or plenty of other thousands of fruits in the world. There are plenty of healthy things in the world that I can eat for breakfast, lunch,

and dinner. For breakfast I can have a bowl of cereal instead of a McDonald's McGriddle. For lunch I could have a turkey sandwich and a salad. For dinner I could have a bowl of soup with a slice of turkey and a pot of vegetables. To improve my diet I could eat better.

## Locavore on Rugby Ave.

- James Soren

... It's the middle of the winter and you're inside watching T.V. All of a sudden, your stomach starts growling, so you grab a fresh orange from the fridge. What could be wrong with this?

Well FIRST, I live in New York, and oranges aren't in season in the winter!

Oranges grow in hot, sunny weather conditions. So how did you get them? And more importantly, how did they get to you?

You probably bought your oranges from your local grocery, but that's not the whole story. In somewhere like Florida or South America, the oranges are picked, packed, and shipped by plane

to New York, and distributed among many grocery stores, including the one you go to.

EVERYTHING YOU JUST READ IS COMPLETELY WRONG!

Trucks waste gas driving to the airport, planes waste fuel flying to various states,

growing plants locally, and seasonally! If you could grow things seasonally, like tomatoes or oranges in the summer, squash in the fall, root vegetables in the winter, and greens in the spring, then you would be eating like a locavore. You could stop the waste and pollution from importing produce- don't fly or buy- just try to grow things locally!



and when the oranges are received in New York, trucks waste even MORE as driving to your grocery. You probably drive to get your oranges, and then drive back.

Can you even imagine how many tons of gas were wasted to get you your oranges? This problem can be solved by

# “Making a Difference in our Lives” I could get along with my classmates by...

Dyl Ujkasevic

Anonymous

## Ideas/Suggestions

If you want to get along with your classmates better, you should be nice, don't be rude or mean to them. If there lonely or sad, cheer them up. Try to play games that you both like to play. If you are trying to be nice to a friend, you can also compliment them in any way. For example at school, walking to school or even walking home anywhere about anything. So those are

the ways that you can get along better with your classmates.

I don't share too many pencils with people, and when I get in groups to work in, I usually work with the same people. When people drop things, I'm not the one who jumps down and helps them if I don't really know them.

But I've been thinking... if I started to share more pencils, people would be appreciative. I, in return, would make more friends, get a better grade on the

assignment, and learn to become flexible and friendly in uncomfortable situations.

And if I just bent down and picked something up for someone, I'd make someone's day a little brighter, which would make me think a whole lot of wonderful things to myself about what I'm doing and how it's affecting me, along with the other people I have helped this school day.



# I Can Improve My Diet By...

BY: Quincey Bricklin

All throughout life, what you eat and your diet will affect the way you live and how long you live. What you choose to eat and not eat is your choice and with bad choices come with—a consequence. When you make bad choices with your diet the result could be heart disease, obesity, lack of energy, diabetes...etc. However, if you make the right choices with your diet there can be rewards such as a great shape body figure, strength, and a decrease in the chances of getting one of the diseases I mentioned earlier.

The most important rule about eating healthy is to know what products you absolutely have to stay away from (I call them death meals) and the things that are ok to eat, the things that you should be eating the most. For instance, although McDonalds is one of the most popular companies across America, and their salty and sweet food might be tasty, they probably couldn't be worse for you. Each meal they sell is filled with fattening ingredients such as partially hydrogenated oil, butter and grease.

On top of that, the animals they use for the food they sell are known to be badly treated. A movie called "Food Inc." that I saw a little while back showed that

they breed chickens that are so breast-heavy they can't even stand, and they force them into overcrowded coops where they brutally wring their necks. When this part came to the movie it was so sad and disturbing that I had to leave the room in tears. And the worst part is, McDonalds is a powerful and rich company while other companies that treat their animals well and use better ingredients are constantly going out of business.

Sadly, people today would rather pay less for fatty food and then wind up paying for medical bills when their health fails, than pay a little more for good food and be healthy. But then again, perhaps many people are unaware of how many death meals they are eating because their harm is being drowned out with false advertisements from the food companies (not just McDonalds in the least bit). These advertisements contribute to why so many people are dying from various diseases to this day.





## SAVING THE EARTH

By George Cardenas

The world is being polluted. Nature is our friend. Part of our family. Nature is like a human being. There are a lot of ways to protect nature. Here are some tips you can do.

There are ways to help. You can help your area starting in your house. One way I can help change the environment is by helping my house. I can stop throwing garbage in my yard like paper, plastic, and more and I should start throwing them more in the recycle bin.

I can also turn off the lights, sink, and shower or even unplug things when I am not

using them. This way I can save energy and help the planet. I can also help the environment by not wasting paper for example if I used a little bit of the paper and don't want it anymore I can use it for something else.

This is one way you can help the environment. There are more ways to help. I think it's bad how people are hurting the environment but together we can make a difference.

# How Do I improve my Diet?

Anonymous

A healthy diet is a balanced diet! I can improve my diet by looking at the food groups and make sure everyone is getting the best of them as well as avoiding the worst.

I could tell whoever shops or cooks for me takes these tips. Or you can even print them right off of this page.

## MILK AND DAIRY PRODUCTS

Milk and dairy products are generally healthy foods, but they are high in saturated fat. Saturated fat is bad for your heart. So it's best not to have too much of it. An answer to this is too look for reduced-fat or low fat dairy products. These products still contain the same protein,

vitamins, and minerals, they just contain less fat!

## CARBOHYDRATES

Carbohydrates should be the main part of every meal. Whole grain carbohydrates are higher in fiber. These are like whole grain bread and pasta, brown rice, bran flakes, and porridge.

## MEATS, FISH AND VEGETABLES PROTEIN

Meat is good for you because it has nutrients including protein , iron, zinc.





## I Can Make a Difference...In The Environment

By Peter Liu

We can make a difference in the environment at home. When we leave a room we can shut off the lights. If we do this we would save electricity. When we leave the lights on the lights use electricity. When we leave the lights off we stop using electricity.

Another thing that we can do to make a difference at home is to shut off the water when not in use. When you brush your teeth

turn off the faucet. Even though it gets reused it takes a lot of time, effort and money. Same thing with showers. Baths cost a lot of water. Even if your shower doesn't take too long. That will waste water too.

You can also recycle fruit and vegetable skins. If you bury them they will decompose and turn to soil. If you put them in a landfill it will take years to decompose.

## I could improve my health by...

By Peter Liu

I could improve my health by eating healthier and getting more exercise. To eat healthier I could do what it says on the top. To exercise I could be more active by going outside and playing. I could take on a sport like baseball. I could go outside on my free time instead of playing video games.. I could ride a bike, run around, and shoot some hoops in my backyard. I know that you shouldn't sit in front of the T.V. with a bag of chips. To improve my health I can eat better and be fit.

## I Can Improve My Health By...

By Joe Kiernan

Want to improve your health or improve your house?



If you follow these ways then you can...

Worried about health? Don't be because if you exercise 5 times a week, or you are eating healthy than you should keep it up!

Are you lazy?

If you are than get up and exercise.

Do you want to improve your house?

If you do than you can do chores for your parents.

You can clean up your messes, or help unload groceries.



## Making A Difference In Ones Own Life I Could Improve My Diet By...

By Peter Liu

I could stop eating so much  
That includes the junk food  
To improve my diet  
I could eat healthier foods  
The fruit and vegetables  
To improve my diet  
I could stick to it  
Day to day  
To improve my diet.

# Making A Change ... In the Environment Around my house

By Joe Kiernan

## Suggestions/Ideas:

I can replace normal light bulbs with florescent light bulbs.

I can shut off the water when I am brushing my teeth.

I can take quicker showers.

I can shut off the light when I leave a room.

I can limit the amount of time when I play video.

I can turn off the T.V. when no one is watching it.

I can use a night light instead of putting on a big light.

Making a difference can save the environment,

Making a change can save the world,

Little things can make a difference.

Replacing a light bulb with a florescent one could...

Save money,

And even "make a better day, for you and me"

Conserving energy can also make a change.

Some things you can do...

Shut the water off when you are brushing your teeth,

Use the night light instead of a big light,

Take shorter showers,

Turn off the T.V. when no one is

watching it,

And limit the amount of time that you play video games.

