

5H News

January 16, 2009

Enjoy the essays students in 5H have written as part of our study of essays. They cover a broad range of topics and have some interesting advice for all of us!

Homework **By Joe Adams**

Do you think homework is annoying? Well I do. Reading is easy. Math, writing, social studies, word study, reading all in one night, that is too much. We should be able to get outside and play with friends. If we plan to go into town on Wednesday and we get home at 4:30, then we still have a lot of homework. Homework is not too *hard*. There is just too *much* of it because once you do all that work in school it is just like more at home. We have six and half-hours of school and I think that is annoying that we have to do more work at home. It is like school, but at home.

Sports are an important part of learning. We all have sports and play on teams right after school. Then when you get home it is close to 6:30, you eat dinner, then shower and it is 8:00, then you read and it is 8:45 and it give you about 30 minutes to do you homework. Homework cuts into sports time.

Once you get home you should be playing with family and friends. However, once you get home you have to do homework. You should go outside have some fun with your friends. If you never get out, you won't have friends or good social skills. You need these as an adult.

My advice to teachers is to only give reading and maybe a tiny bit of math. Writing should not be part of homework. Writing is hard and you have to think a lot harder. This should happen only at school, that is enough practice. I just want to read. I mean even when I am not assigned with reading I still read. This will help our playing and having fun with sports and friends.

Why I Like Going to Maine **By Mack Perry**

Cushing Island is a special place to spend the summer. Every summer I spend at least a month on Cushings Island, Casco Bay. I have been going there since I was born. My dad has been going there since he was a kid. It is a great place to exercise, since there are no cars you have to walk everywhere, that can get tiring. It is a great place for a family.

Cushing Island is a great place to spend time outside. Nine out of ten 5H students I asked have a special place they like to go to, 30% of those ten people liked Cape Cod, 20% liked Maine. I like to play sports outside. Our yard is great for baseball and football. I also like to build forts in the bushes with my one of my best friends Nick and his younger brother Timmy. Going to the beach is AWESOME. You can build forts, swim, climb the rocks, and look for sea glass. Cushings is the best place for sea glass. My family has collected at least 2,000 pieces. One of my favorite things to do ever is jump off Government Dock. At high tide the jump is about six feet. At low tide it is almost three times as great. Most of our time is outside.

Parties and celebrations also happen on Cushing Island. A few days after my 10th birthday my friend Charlie Curtis and his family were over for a couple nights. And for a birthday party, my mom was making a cake and we were going down to the dock and go jump off and go tubing. We also invited a few other people. Usually the water is freezing. I went down the makeshift waterslide a couple times. The slide was a tarp flattened on the ramp with water and biodegradable soap put on it to make it slippery. "Alright, Mack and Charlie come on down," my dad said from our boat.

Mr. Curtis was standing in the back of the boat to watch us. My brother Archie, Charlie and I got on the tube and we went off. I was barely holding on when I fell off. I got back on the tube. Then Archie fell off. He was crying because he thought the eels were going to get him. My dad pulled him out. Then when he went me and Charlie went under the water! We put too much weight on the front. When we got back, we had he awesome cake. Connor Ingari must have liked our little stunt, because when we went, he told us to do it and we fell off. "Nice goin' Connor." I said. That was one of my favorite parties.

The Fourth of July and Labor Day are big days on the island. One of my best friends Max Wilrich was coming up for July 4th. The first night he stayed we did our sleepover tradition, stay up past midnight talking, playing video games, and listening to music. Before we went to bed, we saw fireworks, on July 3rd! Amazing, This just shows how patriotic Maine is. The next day was the annual July 4th parade. It starts out with a dog parade, then BBQ, then a softball game. Since this year was an Olympiad, we had an Olympics before lunch. That night we watched the fireworks (again). In previous years, kids got to take a spin in the fire truck. Another great annual celebration is The Lobster Bake. The day before Labor Day there is a big dinner on the beach. Nick and I have a tradition for Labor Day. We make a place to sit out of things we find on the beach. It is so fun! There is also a croquet tournament on Labor Day Weekend. I love all the parties on Cushings.

I have really good friends in Maine. A few of my best friends I met there. I have known Nick Meserve for at least eight years. He is one of my closest friends. In May 2008 Nick, his brother Timmy, my brother Archie, and I played a lot of whiffleball. The brothers were together. We kept track of every at bat. It was fun. Then my friend Nick Rapp came up for two weeks. We all went dock jumping, had sleepovers, went to the beach, played flashlight tag, watched movies, and had a bake sale. We made \$40 from selling lemonade and cookies! The last night he was on Cushings, Nick M, Timmy, Archie, Nick R, his cousin Ben, Nick's older brother Sean Rapp and I all went to Big Beach for a couple hours. We swam and crashed into the waves. When he left, we all jumped off the dock for him. Another friend I have is Joe Farenguna. He came on the boat that Nick left on. Joe, his sister Eleanor, and his younger brother Sam just came back from England, where they had been living for a couple years. We also went dock jumping, had a bake sale, had a sleepover, went to the beach, and watched the Olympics. All of us also made forts in the bushes. My friends are one of the main reasons why I like going to Maine.

Another great thing about Maine is that it is a minute boat ride to South Portland. Portland is awesome!!!! It is one of the coolest cities in the world. I love going to the old part of it. I only got to go to Portland once every couple weeks. I also like to go to Sea Dogs games, one of my dad's really good friends dad owns the Sea Dogs, and so we get to go to a lot of games. I also really want to go see a Portland Pirates game, because those are my favorite sports, baseball and ice hockey. I like going out to dinner at a place called Flatbread Pizza, after, I like going to an ice cream parlor called Beels Ice Cream. Next to the ice cream place is a store called Cool As a Moose. It's an awesome store. Portland is one of my favorite places on earth.

Maine is one of the best places to spend your summer. There are many things to do, both indoors and outside. You can invite friends, go swimming, out to eat and just have fun with everyone!

Avoiding Stress **By Cyle Hairston-Gomes**

Avoiding stress requires a balance in your time. Not too early, not too late. So if you're not too early and not too late you don't have to stress about time. Many people are either too late or early like my mom and my sister. My mom stresses about time but sometimes gets out the house later. My sister stresses too, but she is always on time, so when we got on trips my sister goes nuts when my mom takes too long.

People stress about time because they don't want it to reflect badly on them. I think this because if you're going to school and you're late for a special, and everyone's started without you, people sometimes feel bad about it and that's why some of us stress about time. Another way this can happen is when you're late for a doctor's appointment and you have to wait a really long time. Sometimes if someone really needed the appointment and you have to wait longer you're making other people after you wait longer as well, that can also feel bad and it reflects on that person.

Being early isn't the best thing either. Sometimes if you're early you have to wait longer. Sometimes, if you're early for the movies you have to wait longer than some people thought they would. One time that happened to me and we waited two hours before the movie started. Also this can also happen when you're rushing to be early at the airport. If you're stressing about time you might forget something important. Then you might miss your flight if you try to get it. Another way this could happen is when kids rush to get their school work done, they think that if they get their work done faster they are better at a certain subject, but if they do rush you might get not the best grade, because they might've forgotten something to do because they were rushing.

Most of the people in 5H have at least one parent that stress about time. Only three people said that their parents don't stress about time at all. If you think about it, that's not a lot because I have 19 kids in my class. This means that close to 80% of 5H has a parent that stresses about time. However, it doesn't mean their kids are sharing these feelings. What you might want to teach them is not to stress about time, but to balance time and be concerned about it at the same time. This will help make them more independent.

When Kids Lack Respect **By Julia Coddington**

Some kids haven't learned respect. So what? Who cares if you don't have respect? It affects other people. For example, going to stores and making it not so nice for the other customers isn't right. Having respect is a necessary part of community.

Kids always go to stores, act immature, and try to be "cool." When I say that I mean they scare their customers away and always leave their backpacks outside the store where people can trip. When kids do this store owners don't appreciate it. Katie Skillman said, "Kids misbehave when adults aren't around because there is nobody there to supervise them."

Alissah Sillah replied, "They think they can do anything since they are in charge of themselves."

Fiona Corkhill told me, "They think they need to impress friends."

I also interviewed a lot more people and they had very similar answers.

People who have not been taught respect can act two faced. For example, if I go up to my teacher and be as nice as I can be and then go behind her back and say the meanest comments I could say, that would be acting two faced. Sometimes kids do it also around friends because they think they need attention, and adults never see it happen. If you have not learned respect, then you cannot be trusted.

As a parent you should be worrying about the bigger problems of kids showing respect. For example, if a child takes an extra cookie when her parents are gone they should not make a big fit about it. It's another story if the child shaves off her brother's head while he is sleeping or if she tells something that she wasn't suppose to tell to her friends that would also be a different story. Parents should chose wisely about what to battle or debate.

Learning respect is a big part of life. Without it, we can't trust each other, work together or have friends. It is not easy to learn, but you should have it.

Thanksgiving Traditions **By Ryan Habermann**

Thanksgiving means a lot to my family and me. This great holiday brings everyone together to feast and see people who we rarely see. Having a four day weekend gives families lots of time to enjoy everyone. An important part of holidays is the special traditions of each year.

The night of Thanksgiving eve I was exploding with excitement waiting for the next day. Tomorrow was the day when most of my family was coming to my grandparents' house. This is one of my favorite holidays because it gathers the family to one house and I get to see everyone.

Most of the people in my family bring special foods or activities. My aunt always brings sweet potatoes and she brings a delicious pumpkin pie. My grandparents buy a 30-pound turkey and also get pull poppers for everybody to play. Everybody in my family loves these special parts of the holiday.

Every year families have special traditions. Caleb, a student at Hunnewell School, says that he has a traditions and he goes to his grandparent's house then the next Thanksgiving it would switch houses. Ms. Haskell's family has chocolate turkeys her sister brings and always plays a game of soccer after dinner, kids and adults. Every family celebrates in different ways.

My family has many traditions that we do. Some of them are singing "The Turkey Shot out of the Oven" My favorite tradition however, is playing telephone and exploding the pull poppers. When it was time for dinner we have to call everyone in to the table. When everyone is there we have to hold hands and my grandmother says a prayer. This is

what thanks giving is all about. After the prayer is said then everyone can start eating. The best part of Thanksgiving for me is at dinner when everyone tells very good stories that happened to them.

Why Are More People Always Interested In More Popular Sports? **by Peter Santo**

Lots of people like baseball and football. When they think about these sports they can't stop thinking about the memorable moments in these sports. Like when Carlton Fisk when he hit his famous walkoff home run in game 6 of the 1975 World Series or when Doug Flutie when he threw his famous Hail Mary pass to win the 1985 Orange Bowl. Why don't people think about moments like when Tiger Woods when he made a birdie putt to send the 2008 US Open to a playoff or imitating Roger Federer when he won his 5th straight Wimbledon title in 2007. These are great moments too. People always imitate the great moments in baseball and football because everybody remembers those moments. They don't always think about the great moments in tennis and golf because not everybody remembers them. I think that more people need to pay attention to the great moments that happen in tennis and golf.

Lots of kids dream about being in the NFL or MLB when they grow up. However, the average career tenure in baseball is 5.6 years and the average career in football is just 3.5 years. If people want to play sports for a long time than why don't they play tennis and golf. The average career length in those sports is ten years and they also have less chance of getting seriously hurt. Tennis and golf are sports that you can play your whole life. Why would people want to play professional baseball or football for five years when they can play tennis and golf for they're whole life.

I think people want to play baseball and football because they make more money. Just because baseball and football players make a lot more money than tennis players and golfers doesn't mean that you should only play tennis and golf. I think too many people are playing baseball and football just because they want to make a lot of money I don't think that these are sports that they love. They're just playing something that they don't love because they make more money. That's not what sports are about.

This is what I think about the great moments in sports and the money that athletes are making.

Noise, Noise Noise! **By Kaylie Corda**

I, Kaylie Corda, likes a loud place to work. It is so wonderful. You can hear the lovely sound of...well...everything! Noise while your working is like a Pixi Stic to a diabetic. It's the only thing I've got!

There is nothing better then noise while you work. You get pumped. When you are working in a quiet place nothing seems to happen on your paper. However, right when you hear noise, a bell goes off in your head, DING! You write like crazy. Hearing other people doing things and making noise helps you. My theory is true because I have written this and only this in 35 minutes. It's too quiet.

Doesn't noise remind you of home? Do you live in a house with everyday quiet, where no one seems to care? I feel when you go home and your parents are talking to you quietly you feel weird because you can barely hear them, or they are too quiet they make you feel un cared for. Or that they are about to deliver bad news such as "Someone died." One time I came home and my parents were not home and I felt alone because it was quiet. Then my mom came home and yelled, (loudly, but nicely) "Hello!" and I felt happy and welcomed again.

Everyone should try to balance the loud with the quiet. One day if we have writing, then we should be quiet. If we go out to recess, then we can be loud. If we had whole quiet day, then it would be boring. If we had a whole loud day, it would be too much. If we had both, the day would be perfect.

Everyone is different. Some people like to be alone. Some people like to be in groups. Some people like it quiet and some like it loud. Having time for both loud and quiet balances it for everyone.

Why Homework Is So Difficult

By John Lepard

What if you could never do homework again? Well that's what every kid wishes. In fact 100% of kids in fifth grade said that if they had a choice they wouldn't even do homework. Caleb says "It depends on what homework it is." 65% of kids say that they dislike homework. Yet the biggest thing that kids want to know is, that why do we have to do homework? I mean teachers don't like grading and we don't like doing it. Also it takes time and wastes a lot of our parent's time because they have to check our math. It doesn't make sense!

The one thing that distracts you is distractions, like the dog or the TV. The one distraction for me is when my brother annoys me. Why do there have to be so many distractions around me? Even when I was writing this essay I was distracted. I cannot even write without getting distracted. Oh no, I got distracted again. It so hard not to get distracted. Why I am I so distracted!

Have you ever had the feeling that you just can't find the right place to do your homework? Well most people just can't find the right place to do it. The right place to do it is in a nice quiet library. The wrong place to do it is in a noisy house where dogs are chasing cats, and the TV is on really high, and also the radio is on high volume playing punk rock music. These are some informational paragraphs on why homework is so difficult.

Friendships

By Kristina Baldwin

Getting along with others requires lots of patience. You have to do what others want, be sure to spend time away from them and know that interests change over time. Here is my advice on friendships and getting along.

Seeing friends and family too often can lead to fights. For example, my friend and I went to a sleep away camp for six days, six days of fun, that is what I thought. After three days I was sick of her, she was sick of me. She was older and kept thinking she was the boss. Our arguments went like this. I was brushing my teeth. She came in.

"The room is a mess! Go clean up your side after you are finished brushing."

"Okay."

"Be quick about it!"

Seeing her every day and night was not good. Some advice – don't go to a sleep away camp with someone you want to keep as a really good friend. Being with someone 24/7 might not be a good choice. Everyone needs time alone. IT IS HEALTHY!

Having older friends might be challenging too. "Wait 'til next year! 5th grade homework is nothing compared to 6th grade!" I am so tired of hearing this line from older friends. Of course it is harder, you are a year older than me! Don't ruin it for me. I am still enjoying elementary school. I will never be able to use that homework line on older friends, however I **can** brag about being finished with homework before them.

Another challenge for friendships is interests change. As you get older some people want to be on Facebook more than they want to play face to face. It seems weird to me. While older students I know are stressing about having "a LOT of homework!" they are still able to text and "Facebook." They are doing all of them simultaneously. Sometimes I wonder how much homework they really have. As kids get older, their time is spent less on play and more on Facebook and "homework."

Relationships take a lot of work and can be stressful if you don't have patience. I know I need time away, have to understand older friends but I also just hope that I don't become a "facebooker" or "texter" rather than a friend.

People Overly Crave Attention
By Fiona Corkhill

INTRO

Normally people can want attention, right? Some people overly crave it and others don't. You may be wondering-why do they crave it? The people might not get a lot of attention at home or might not be that "popular". They might even do stupid things to get it, such as, being rude to others. WHY does attention matter that much to them??

FEEL IN GROUP

Sometime the feeling of being in a group can lead people to not be themselves. People can be kind of low on the popularity scale and want friends. They can be lead into doing things that they wouldn't normally do. For example, starting a rumor or excluding someone to get attention from the people. That desire for wanting to be popular can really feel good at first but then backfire. The "popular" people may not accept you anyway and you have been mean to everyone else.

MEAN, STUPID THINGS

People will do bad things to get attention. Some people just want attention- no matter what kind, because they feel that they don't get enough. For example, throwing food in the lunch room or trying to be funny in a rude way when you really are not. People do those things to get attention from piers. I wonder why? Not being happy with who you are and accepting yourself. You are spending all your time trying to impress others rather than being a good person. Popularity blinds kindness and schoolwork.

INTERVIEWS

Most students in 5H have seen people trying too hard to get attention. Katie says, she has seen it and says "the people might fake being hurt so they are still in at four square. They want to be cool and that the people are wanna be's." Caleb has seen it and says " they want to impress others, they might be neglected at home."

Kaylie has noticed it. She says, " they have no friends and want to be popular."

We can change this, if we think for others before ourselves.

HOW TO CHANGE?

How do we change this? People should accept others for who they are, instead of making them stress about it. People should learn to care less about what other people think about them and that if people tease you they actually might be jealous. People should be themselves and live their life the way they want to.

Adults vs. Kids
Why They Lose Enthusiasm
By Emma Ivey

Usually all kids want to do is play games with friends and family. From my experience, I know that friends will always be up to play. But, people in your family, such as teens and moms, won't be as easy to budge. Also from my learning progress, I have noticed who loses interest, why they do it, and what age they change at.

All teenagers worry about is their hair, clothes, and all that junk. Have they ever even considered doing something else, or try not complaining perhaps? I have noted that teens also fall easily under peer pressure. So, if teens are urging to play or just kick around with their younger siblings, they will feel stupid or embarrassed. I feel that situation is very difficult, but they have to make the right choice. But that is not always the case. Sometimes they just lose their interest. For example, I could care less if Ken romantically falls in love with Barbie. However, I will always be up for playing with my 5 years old neighbor because I know it matters to her. I guess that there is a point in life where you completely change your hobbies.

"Get out of bed! Hurry up or you'll be late for school!" That's pretty much all kids hear from a typical mom in the morning. Sometimes I wonder whatever happened to their "childish" side. I think that when moms first become moms, they obsess over their children because it is a big deal. They also feel the need to be with their child every second to keep them safe. But, when the kids get older moms feel more comfortable, and don't have to play, or be with their kids as much. Some moms might feel irresponsible if they play catch with their son, or princess with their daughter. They may

feel as if they should be doing more important stuff such as paying the monthly credit card bill. Moms have a lot of responsibilities for caring for the family.

Even as an adult it is easy to be influenced by peers. They may push you to do something that isn't exactly "the right thing." For example, perhaps there is a party, but you want to skip it and spend quality time with your family. But, all of your friends are going and telling you how great it is going to be, and that you should go too. This is a common situation where you friends can convince you otherwise. So you decide to go and blow off time with your family and go to the party. There are many other similar situations out there, but this is one that I notice happens a lot.

Dads, never lose their child edge, yet still stay serious about some things. I continually wonder how they can do both. Some "experts" (kids) such as myself, have been playing with our dads for many years, and have noticed that they are very fun and caring to us. When they put on their suit and head to work, it is like the building is a different planet where they turn dads serious. They are serious about what they do and how they do it. I personally am happy that they take work seriously, so they can raise a happy and healthy family. (I know what you are thinking, that was deep for a child.) Some of you may be asking, how do I know this if I am not at work with him? I know this from his "after-work quotes." Some of the most famous ones are:

"What a day! I'm exhausted from this huge meeting I had all day." And, "Hi guys! Hun, I finally got the promotion that took months of hard work." (As you can see, he really tried to emphasize the fact that he works hard.) Anyway, when they get home they are more than thrilled to see you. I think this is because moms see you a lot, not that they aren't happy to see their kids, but dads don't see them as much, so when they do, it is a big deal. I can always count on my dad to be there for me.

These are my thoughts, so I went around 5H interviewing students. I found out that 100% of 5H agree with me. Just like Kristina Baldwin who quotes, "My older sister used to enjoy more activities than she does now." Many other people agree with her.

Julia Coddington says, "Moms have more responsibilities and things to worry about."

Peter Santo notes about his dad and his enthusiasm. "My dad is at work a lot, but when he gets home, he is always up to play with me."

These are typical people's thoughts on their family. Anyway, my final conclusion is that many people lose interest as they get older, may it be by peer pressure, or feel like they have more important responsibilities, it is just what happens. You have to accept the fact that some people lose their "fun side," but you don't have to.

Climate Change By Brian Baker

In our climate it is getting warmer. The ice caps are melting. Climate change is a big deal for everyone on earth. The temperature is rising. The climate change is affecting everything on this earth. With pollutants in the ocean the animals there are getting affected. The climate change will affect us because we can't live in some of the places we used to be able to because it is too warm. Also it is predicted that Boston and New York will be underground by 2030. A lot of animals that migrate in the seasons are getting affected, like caribou. There are many things we can do to try to stop climate change.

If we all do something to try and stop climate change we can make a big difference. You can tell people not to and not to litter yourself. You can also not drive as much and walk more this is helpful because it lets out less gas into the environment the gases that go into the environment make the air warmer. The greenhouse gases that are let out into the air also make the air warmer.

I did some interviews and many people think climate change is a big deal. Nine out of ten people think it is a big deal.

"Global warming is something we need to stop it because it is affecting to many living things so we really need to stop it," says Peter Santo.

“I think it is a big deal because the north and south poles are melting and animals on the ice can no longer live there and it is affecting to many living things,” says Eric Hershelman.

“I know it is a very very important because animals are losing their homes such as polar bears because of the loss of food,” says Cyle Hairston Gomes.

We really do need to try and stop climate change.

Why Math is Hard

By Brad Marchetti

Math is very hard because you need to do a lot of thinking. Sometimes you have to solve a problem doing mental math. Other times you can use pencil and paper, which is easier. It is also hard to have to explain your thinking after you have solved a problem. Your brain works faster than a pencil.

Mental math is more challenging than pencil and paper to solve problems. When using mental math it is hard to remember all the numbers. It is also hard doing it fast because it is not easy to think of the numbers really quickly. I think it is harder to be accurate with mental math than pencil and paper.

Most people like to do the math and not explain their thinking. In my opinion, explaining your thinking takes longer. Another reason that explaining your thinking is hard is because it is not easy to put what you want on the paper. I think that one of the hardest things to make your thinking long enough to know what they're thinking but not too long. For example, labeling your equation is enough 30 min. divided by 5 people = 6 min each. You don't have to use sentences for this.

If you don't learn math one year and you go to the next, then it will become harder because math builds on itself. It does this because your new teacher expects you to know the math from the last year. You need more basic math to solve harder problems. If you don't know 6×4 you can't figure out 60×40 or 62×4 or understand fractions. So if you don't know multiplication, the next year you won't understand it.

This is why math is so hard. It is hard to explain your thinking, it is had to do mental math and it builds on what you learned last year. If you don't remember something about Russia from third grade, it won't show up in fourth grade. However, the multiplication will. So my advice, don't ignore math it will always be needed.

Why People Should Not Eat Unhealthy Food

By Arjun Laud

People should not eat unhealthy food because you can have health problems, you can get really fat, and your body will crave for more unhealthy food. When you eat unhealthy food you can get serious diseases.

Another reason why people should not eat unhealthy is because it makes body crave for more unhealthy food. When your body starts to eat a lot of unhealthy food your body craves for unhealthy food you will never eat healthy food again. If you never eat healthy food again, it could lead to diabetes and other things.

There are many examples of unhealthy food. Most unhealthy foods are too many hamburgers, too many fries, foods with a lot of oil, and too many sweets with sugar, chemicals, or artificial sweeteners. Unhealthy food also makes you want to eat more unhealthy food so it becomes addicting and it is soon almost impossible to eat healthy food.

The most dangerous kinds of unhealthy foods are foods with chemicals that substitute for other kinds of ingredients. Monosodium glutamate (msg) is a chemical that is used in the preparation of some Asian foods. Msg makes affects your brain mostly. Msg is a very dangerous s chemical that you should try not to eat very often. Msg can lead to brain tumors, cancer, leukemia and lymphonia.

There are many other dangerous chemicals such as BHA and BHT, Propyl Gallate, Potassium Bromate, Aspartame, Acesulfame-K, Olestra, Sodium Nitrite (Sodium Nitrate), hydrogenated vegetable oil (trans fat), Blue 1 and Blue 2, Red 3, and Yellow 6.

Did you know that Diet Coke is actually worse than regular Coke ? The reason for this is it has so many chemicals instead of sugar to make it taste sweet. Did you know that you are better of buying a bag of potato chips in a store instead of buying it from a vending machine because in the store a new delivery of potato chips come every day but in a vending machine they only refill it when it is empty so they need to put trans fat in the potato chips so they won't go bad. Did you know that you are also better off putting sugar in your coffee than putting Equal, Splenda, or Sweet & Low? The reason for this is that to make these sweeteners sweet they have to put dangerous chemicals instead of using sugar. People also think that fewer calories is always better.

It is fine to have a treat like this once and a while on a special occasion, but try not to make this your daily food. You should eat healthy food because it is the right thing to do for your body but it is really your choice. I hope this essay has had you thinking about eating more healthy food and those of you who already eat healthy food, good job!

Older Siblings are Mean **By Katie Skillman**

As many of you younger sisters and brothers know, older siblings are mean. However, oh no, the parents never catch them being mean to you. Right when your mom and dad turn their back, your older brother or sister will start slapping you across the face. "They overreact over everything," says Emma Ivey. I agree with Emma there. Say I use my sister's hairbrush; she will start screaming at me and kick me out of the bathroom.

One of the worst parts of your older sibling is their mood. While your older sibling leaves for school in a good mood, he or she will come home with a completely different mood. You never know what mood their in so you always have to be on red alert. Sometimes they will leave for school with in a bad mood and come home with a worse one. Their mood is just awful.

Another bad thing an older sibling will do is blaming things on you. "She rats me out all the time," says a fifth grader in 5H. That is one of the most common thing an older sibling will do. Say you break your mom's special vase they will tell on you in a second. Older siblings are the biggest blamers ever. They are always trying to enforce the rules on you and older sisters act like moms.

Most older siblings don't even notice you when you get home from school. "They don't care about you," says another fifth grader in 5H. If I got an awesome score on a test they could care less. They don't want anything to do with you. Siblings have their own life and that life is in their room on their computer video chatting or on IM. If you buy your sibling a computer, but you probably will not, that will become their new life. They just don't care.

Our siblings can be horrible sometimes. They can be horrible when you use all the hot water in a shower or if you borrow a video game or hair brush. Say you annoy your older brother he will pin you against the wall and punch you. If you are annoying your older sister then she will pick you by your feet and drop you on the stairs. Although your sibling will be mean to you or you may be annoying to them you always still love each other.

Older siblings can't always be mean to you. Sometimes they can actually be nice. On these rare occasions they will do your hair or let you play with their video games. Life is so much easier with them being nice. You can actually wake up and not hear screaming. When my sisters are nice to me they usually will make me dinner if my parents aren't home or they might do my nails. See siblings can be nice or not so nice, however you really remember the mean times.

Vacation Time! **By Eric Hershelman**

Do thousands of dollars really guarantee a week of fun? I mean counting everyone in your family that's like \$400 per person and then there is the food. Once you get to where you are going, you probably want to get some goodies. Once you get to the end of your trip you pretty much do it all over again. Now let's see how much that is \$400 times 10=\$4000, 10 times 15=\$150, \$100 times 20=\$2,000 \$4,000+\$150+\$2,000=... forget thousands, make it kazillions.

So you think when you're on vacation you can just lay back and relax? Think about what's going on at your house. Think what if you have a pet, did you have someone watch it or is it at home starving to death? (Don't forget, you have to pay the pet sitter!) How about if you have a trampoline or a pod or other equipment, could a neighbor kid be playing on it, then get hurt and you, get blamed? Just when you thought "hay every thing is fine" but then it hits you "is my house locked?"

You're so happy you're going on vacation, but then your mom comes crashing into your room yelling, "We have to go," six hours early. Think about it, you're up, you're maybe watching T.V., looking up at the clock thinking hey my favorite show is on in two minutes, I have enough time to watch it. Think again. Then your mom comes in saying we have to go. You say, "but mom we still have plenty of time and..." she interrupts saying, "but if we get caught in traffic

then we will be late.” You reply, “Mom, the airport is 30 minutes away.” Then, she finally says, “get in the car right NOW!” You can always look on the bright side right? After all, this is vacation.

So you are finally there and should be ready to relax, you know, sit back, not do anything. Then a friend or family member comes by saying, “What are you doing? You have to help us put the bags in the car and then you have to go pay for the car rental. When you’re all done with that, and you’re finally at your hotel or villa, room service comes by to get you something. They ask for a tip and you say fine. Once you’re done with your vacation, you have to do all this over again to get home.

Once you’re done, you think ahhhh I’m home. Then you go look at your phone and it says 20 missed calls and you think, ok I can fix that. You go look at your cell phone. 30 missed calls and half of them are work calls. After that you start to get a little worried. You start to calm down and then you hear the mail truck go by and you think “oh no.” You walk over to your door and there’s a pile of mail as big as Mount Everest. You finally think, I should really get to know those neighbors with the pool....

Writing and Reading By Caleb Brown

I did stuff. I had fun. I went home. No one wants to read a story like that! If you want to write, you must have the catchy vocabulary that hooks readers. To get them, you must use synonyms to fun said ran and went. If readers read boring went said did books, they will immediately abandon them. So write with a big vocabulary if you want your books to get read!

If writers need a big vocabulary, you need to read to get one. Writers are often readers because you can get words in books! In a recent survey, it is found that in 20 people, no one likes to write without liking to read. Writers don’t use boring words they make their books interesting with good words. So if you like to read, you can write and if you like to write, you can understand reading better. If you’re a reader, try writing!

If you need to use a boring, dull word why not say an interesting one to say the same thing? Synonyms can turn said into shouted, exclaimed, moaned, and replied. Vocabulary becomes easy with synonyms. Just replace those boring words like ran into dash and sprinted. You can find synonyms in a thesaurus. Vocabulary becomes easy with synonyms.

If you’re just relaxing reading a book, you are also expanding your vocabulary. So if your writing is boring, pick up a book!

Why Do People Show Off? By Alissah Sillah

Have you noticed people showing off? Yes, but how do we get people to stop? That I don’t know, but I can tell you why I think people show off. Later in the essay you will see that I have interviewed people and they have told me how/where they have noticed people showing off. There are many reasons for why people show off, I don’t have all of the reasons but I have some.

When you are nervous and insecure or not real strong, you sometimes show off to build more self-esteem. When I say that it brings me to being mature because if you are mature you already have self-esteem you don’t need to show off, because you have confidence in yourself. Being mature is being happy with who you are. You don’t act like someone else. However if you don’t have self-esteem you try to get attention and show off to feel better about yourself.

The need of attention sometimes leads people to show off. Some people get what they want (attention) but to make them seem bigger they show off. Everybody needs attention but some people take it to far. When I interviewed Katie Skillman she said, “As you age, you sometimes feel you deserve attention about how you look and end up showing off to get the attention.” Sometimes people notice that a lot of people are wearing a certain outfit and get that outfit to show everybody that you have it. If you are mature you can say that you don’t have to have that outfit or show off the outfit.

So how do we get people to be happy with who they are? I think you just have to remember that no one is perfect and you have to be happy with who you are. There are so much people that don’t remember that showing off is the wrong thing to do and you should just be who you are. Have you ever thought that sometimes when people show off to be cool it’s when they are older and not when they are younger? When I interviewed Fiona Corkhill she said, “Little kids just want to have fun, but when they are older and try to get friends they show off to be cool.”

There are different reasons why people show off. There is the need of attention, insecurity, nervousness, and not being strong and many more. I have seen it all over. Many people are just trying to get friends and make a big deal out of it, which makes them go over the top. If people would just stop and be themselves, they would realize they don't need to impress anyone.

What Some People Call.... Popular People **By Pia Bucci**

Appearances are an important part of popularity. They always wear and buy designer clothes. Popular people are always checking if this and that is perfect if this is straight and if that is not wrinkled. For example, some popular people have human mirrors who always are giving pep talk to the popular person or is always telling the popular person how great they look. Girls mostly buy the designer clothes, they think that will make them more important than "normal people." Boys, they sometimes buy designer clothing, but boys are usually popular because they won some baseball award or they play a million sports.

Some people say popular people are control freaks. Those people are right! Popular people supposedly "RULE THE SCHOOL." The control means being in charge of fashion, games on the playground, where people stop, who gets to hang out where and who gets to hang out with the crowd. Everyone is less than them because they need to be in charge.

Some popular people absolutely need to be the center of attention. Those types of people are that insecure. Possible causes are; not enough attention at home, or some thing at home happened and they need to have attention outside home to make up for the attention at home. A different cause could be too much attention where the parent thinks their child is "perfect" and could never do anything wrong. Having the right amount of instructions, rules and chances to make a variety of friends helps you grow.

All popular people are not mean, some popular people are popular because they are nice. That does not mean that there are not mean popular people in the world. Nice popular people are nice to everyone, but the they do not take meanness. They are normally nice and normally generous. Mean popular people are the total opposite of nice popular people they make fun of others they find other peoples weaknesses and tease them about it. While there are the same amount of people, the hurt from the few mean ones sticks.

It is all about me! Some people always think and say that! Well that is not true. Life is bigger than one person. It takes maturity to realize that there are more important things.

Many people in 5H are aware of this problem. I interviewed some kids in my class here are are what some kids said about being in a popular group or seen a popular group.

Fiona says, "poplar people often hang out together and not with anyone else."

Fiona noticed that some groups can exclude people and never get to really know others. Getting to know other people can lead to new friendships and knowing more people. However, some people won't risk it because they are afraid of losing popularity. Cyle says he has not been in a popular group, but some of his friends have been in a popular group. Branching out and being yourself can be risky, but it is worth it.