



# KCYC News for Kids

Kids Campus Youth Center



Volume 2, Issue 7

March 24, 2011

## Once an OSC student, Vincent gives back to the community



**NAOMIE AGUILAR**  
**CHIEF EDITOR**

Vincent Phan is the Athletics Coordinator for Kids Campus Youth Center. Vincent has not only worked at KCYC, but also attended the Boy Scouts troop 543, which was held by Our Saviour Center.

Vince stated that they encouraged him throughout his junior high and high school years. During his Boy Scout experience, he attended his first hockey, basketball, baseball and football games.

He not only participated in the Boy Scouts, but he was also a volunteer at Our Saviour Center. Vincent stated that his involvement with the center grew greater when he was asked to be a recreational leader during the summer games. He also went on beach outings, camping trips and community service projects.

Vince said when Kids Campus opened, it gave him joy knowing that it allowed kids of having the opportunity of

attending a safe place to have fun.

When he is not working during program hours, on some Saturdays, he is attending Biking Club field trips. Vince is also the head advisor of the KCYC Fitness Club. Many of the Fitness Club members appreciate all of the time Vince takes working with them and teaching them about fitness and nutrition. Vince is highly recognized by many of the students.

José Reyes stated, with a smile on his face, "Vince is a really good advisor, and he's someone I trust when I talk to him. I have lots of respect for Vince."

Vince is very nice and generous staff member who

should always be treated with respect.



## Kids Campus goes healthy to improve students' health

**WILLIAM CASTELLON**  
**BUSINESS MANAGER**

If you noticed, Kids Campus has been healthy for almost two years. The person in charge of that is Program Director Margarita Ponce. The clubs that help promote going healthy are the Fitness Club and the L.I.T. During snack time, L.I.T. members sell baked chips because they are healthier.

Kids Campus started going healthy ever since the summer of 2009. In the clubs that the students are in, they are

encouraged by their leader to go healthy or to fundraise healthy things. The Fitness Club promoted going healthy by selling sugar free popsicles and having created the club itself.

The good thing about going healthy is that now we buy the healthy snacks, which are better for our health. It will make Kids Campus healthier by giving kids

another choice; instead of eating junk food we will be able to eat a fruit.

Margarita decided to make KCYC a healthy site because it is better for everyone and because there are a lot of obese kids. Unfortunately, diabetes has gone from being an adult disease to a disease for everybody. Because we are going healthy, Margarita has to meet at important

workshops, and she has to write a contribution and attend monthly meetings. So far, Kids Campus has a long way to go and needs to involve more kids. We also need a lot more nutrition classes.

Students should start to be healthy and eat more nutritious because it will create a better future for them, and they will decrease their chance of becoming obese. If they start to go healthy, it will start to be a habit for them. Once it is a habit, they will start to lose weight, and they may even enjoy their new body.



# OPINION PAGE

## Attending school leads to a successful life

**DANIEL CATIVO  
REPORTER**

There are a variety of good reasons why kids should go to school.

One good reason is to get a good education and to get a good job. Many people think that college isn't important, but, in real life, you will need to use your brain. Kids should go to school because they will need it throughout life, and it teaches them new techniques, such as building projects, doing math, and learning other important subjects. People who don't go to college might not get a good education. When you graduate you get a certificate that is proof that you have successfully graduated.

The main subjects in school are mostly math and language. As you can see, attending school is very important if you want

to succeed in life.

When you turn five, you start going to preschool. In preschool, you learn many educational techniques. For me it was fun learning in preschool. It gives you a lot of experience for when you start kindergarten. Some worthwhile experiences that I had were learning how to socialize with other kids my age. Troublemaking kids get kicked out of school.

When you get to second grade, you get a reading log. In 7th grade, you get about five classes. If you don't have a very good grade in reading, you will get placed in a program called Read 180, which is a program for people who need help in reading. People who are highly smart go to a program named "Gate," which is a program for students who are gifted in school.

Overall, every grade you go through is different and has different expectations along with other helpful programs.



## Joining clubs gives students many abilities

**MIGUEL AGUILAR  
REPORTER**

Joining clubs is very important for students to be able to expand their minds. They can get extracurricular credits in high school. If you are young like me, when you grow up, you will have some experience under your belt.

There are many different clubs you

can join, such as sports clubs, newsletter clubs, technology clubs, and many others.

The main reason most people join clubs is to gain some knowledge out of it, such as typing and grammar skills and learning how to write a story in Newsletter clubs.

In sports clubs, you get athletic abilities. You can also get in better shape, become healthier, and you won't get tired as easy or as fast. So, when you run or play a

sport, you'd be able to do it longer than you have probably ever done before.

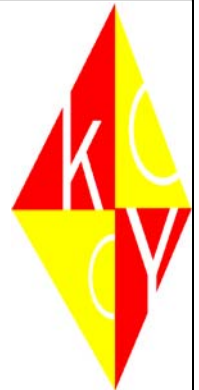
In technology clubs, you can learn how to put a computer together. You can also learn many things to do on the computer, such as graphics and how to make your own music, too.

The main idea of joining a club is to learn something valuable in life and to expand your options for your future careers.

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# OPINION PAGE

## Our planet's future depends on us

**JAILEEN LOZA**  
REPORTER

Do you ever wonder how the future might turn out, whether it's good or bad? I think it can be good if we take really good care of our planet because we would be able to live for a really long time.

But, unfortunately, some people don't care, so they litter, and those things go to the ocean and kill seals, fish, and many other animals. We're the ones who are destroying

our planet little by little because plastic soda holders kill the seals when they're swimming. It goes right through their necks and they can't take it off, and they can choke to death.

Have you seen the movie *2012*? If you haven't, it's about the world ending and lots of people dying by natural disasters, such as earthquakes, floods, and volcanoes erupting everywhere. But I don't believe in that because it is not realistic. The thing I do feel is realistic is that there's global warming and that one day all of the trees will be gone and there will be no water or clean oxygen.

I think the future will be incredible with things like flying cars, giant buildings, and robots because our technology has advanced a lot. There are phones that can call people across the state and phones that do what you say when you talk into them. I think soon, all of the scientists are going to find oxygen and water on Mars; that way if something happens to Earth we can ride spaceships to Mars.

So please remember to recycle so the landfills don't fill up and take up all our space to help us have a good future.

## A recap of some of the best movies ever made

**ANGEL DIAZ**  
REPORTER

What are movies, which are sometimes called motion pictures? Movies, or motion pictures if you must, are stories that a person is trying to express. The person isn't expressing it through books, but through moving images on a screen.

Movies have gone a long way since they were first invented. The first movie was made in the 1888, and it was viewed in black and white; it's title was *Round Hay Garden*. They didn't even have sound; they were all silent. The only way that they would have sound would be if people would play a piano or some other instrument in the background. Charlie Chaplin was the master of silent films.

As you can see, movies have actually gone a long way since they were first made. Back in the days, people would be excited to see movies just like us today, so I guess that's one thing that still remains the same. Everybody has their own favorite movies and own opinion about movies, which leads me to my next point.

Over all these years, there have been bountiful amounts of movies made. There are many movies that made it to the top favorites. For example, one of the most successful movies of all time, also known as a blockbuster movie, is a movie called *Titanic*, which earned \$1,835,300,000 in 1997. Other blockbuster movies are *Jurassic Park* (\$914,691,118; 1993) along with *Shrek 2* (\$436,471,036; 2004), *Spider Man 2* (\$373,377,893; 2004), *Ghostbusters 2* (\$229.2 million; 1984), *King Kong* (\$550,517,357; 2005), *Superman Returns* (391,081,192; 2006) and *The Dark Night* (500 million dollars; 2008). As you can tell, by now there have been many blockbuster movies over all these years.

I have my personal opinion on movies just like everyone else. One of my favorite

movies of all times is *The Twilight Saga: Eclipse*. It is a must see movie for me because it has romance, action, and it's thrilling; so I would definitely recommend the movie. Another movie that I absolutely enjoy viewing is *Harry Potter and the Deathly Hallows*. It is very exciting to view because it has a numerous amount of scenes dealing with magic, and it is action packed. It has also been rated a blockbuster movie. A movie that I use to adore watching, and still do, is *Finding Nemo*; although the movie is a bit old, it is still a crowd favorite.

Just how I have my favorite movies, I also have my least favorite movies. One of my least favorite movies is *Alice In Wonderland* (2002). There are many versions of *Alice In Wonderland*, but the one that I don't like viewing is the one made in 2002, not the most previous one, which was made in 2010 because that's the only version that I actually enjoy watching. The reason why I don't like *Alice in Wonderland* (2002 version) is because the animations are bad and are really irritating for my eyes. Also, the sound effects and the characters are very poor.

Another movie that I don't enjoy viewing is *2012*. I have numerous amounts of reasons why I don't enjoy watching it. One of the many reasons why I don't like watching this movie is because it is absolutely ignorant, and it's trying to withhold the truth from all of the people because it's just saying that the world is going to end in the year 2012, which I find obnoxious and lacking in facts. Another reason why I dislike this film is because it makes the majority of people believe that it's true, and sometimes they take it overboard and start talking and preparing for the end of the world like it was guaranteed to happen tomorrow.

Overall, there are many well made movies and also a good amount of bad movies, and every person is entitled to their own opinion and own thoughts on movies.

**Super Hero Scrambler**

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## FEATURE PAGE

### Cesar Chavez teaches people how to fight for one's rights

**MARK MATA  
REPORTER**

Cesar Chavez was, and still is, a hero for the Mexican population, which includes many farmers.

During his childhood, he lived in a ranch with his four brothers and sisters. They lived in Yuma, Arizona, and his parents worked in the ranch to earn money. However, their happiness didn't last long because a strong heat wave came and evaporated all of the water. Cesar's parents couldn't grow any crops, so they couldn't pay for their bills. They had to give away their ranch to find another job, so they moved to

California.

Their new jobs consisted of farming; however, they got really low income. They had to work everyday except holidays and Sundays. Their boss whipped or killed anyone who didn't do what he wanted.

Cesar's life changed too; he used to be homeschooled, but had to attend regular school. The problem about his school was that everyone spoke English and his teacher made him wear a sign that said, "I talk Spanish." That made him feel really embarrassed, but he didn't care if they made fun of him. He got out of school after eighth grade to help support his parents.

After WWII, he got married to Helen Fabela and had eight children. Then he got an idea, in which he wanted to help the farmers. So he made a speech that they should be treated more kindly and shouldn't be treated bad. Cesar told his crowd that they were going to walk to Washington D.C., and no one was going to stop them in their fight for freedom.

When they started to march, Cesar asked the farmers to march with them for their rights. Each minute more people came to help them. However, some people didn't admire what they were doing, so they threw stuff at them, but they still didn't stop.

Police men came to stop what they were doing, but Cesar tried to explain why they were doing this. It's amazing how the police actually let the fifty people go through. Cesar Chavez started with fifty people; when they continued to travel, they had at least 500 people.

When they arrived at Washington D.C., he made a large speech about why they should have their freedom. He started his speech with, "Si, se Puede!"

The court let the farmers have their freedom and be treated better. That's what made him a hero and why many people in the future will stand up to get their rights.

### Facts about deep sea animals that you didn't know

**SIMON CHEN  
REPORTER**

There are many interesting fish in the sea. Among them are the Fang tooth, the Angler fish, the Black Dragon and the Viperfish.

The Fang tooth is a deep water fish that lives about 16,000 feet deep. It earns its name by its long, sharp bottom and top fangs that are too long to fit in the mouth, so it has holes in the top jaw so they can slide right into the holes. Food is hard to find so they eat scraps that fall from other fishes above. The pressure of being that deep is extreme and the temperature is

freezing. The Fang tooth has a big head, and the body starts big but then shrinks when it's getting closer to the tail. It grows up to 6 inches in length, and it is covered with small prickly scales and has small eyes. It cannot see very well, so they're almost blind.

The Angler fish seems to light up, but it doesn't. Its skin reflects blue light making it look like it's lighting up. There are around 200 types of Angler fish, and they almost all live in deeper water. They live about 3,000 feet deep, and they have a mouth about the size of a soccer ball. The colors of the Angler are usually brown, dark gray or black.



Though they don't swim fast, they are fast enough to catch their prey because they have a special lure. They stay still and use their little antenna on top of their head to lure other fish. They wait for the fish to come close, and they snap their mouth closed to trap it.

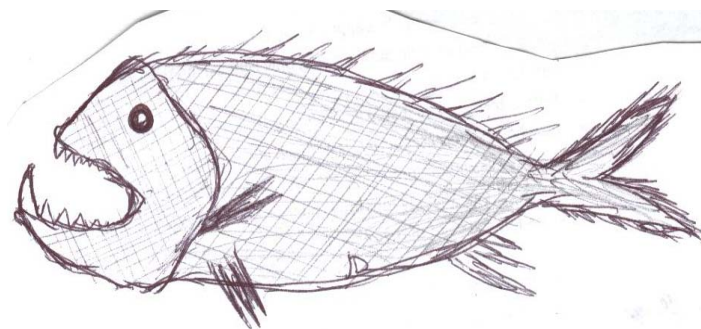
The female Pacific Black Dragon grows up to 2 feet and has sharp teeth. It has a little beard, but the males only grow up to 3 inches and have no teeth or beard. The males also have a shorter lifespan. They live about 4,050 feet deep and eat mostly shrimp and other fish. Its body looks like a snake or an eel, and it

can make a glowing light.

The Viperfish is a dangerous fish that has sharp fangs that can easily kill a fish. The fangs are so long that they use them to charge straight at their prey to kill them. They can stay still and not move for a long time so any fish can pass without noticing it. The fish then attacks and gets a meal. Like most fish, they move during daytime and sleep during the night.

These are only a few examples of the sea's fascinating creatures.

**Artwork by Jeff Gamez**



## FEATURE PAGE

### Spelling bee event was a huge success for Kids Campus

On Wednesday, March 2nd, Kids Campus hosted its first Spelling Bee event. Students had booths with about ten different spelling games for parents to try out. The evening's main event was the students' Spelling Bee, in which they were given words according to their grade level to spell out. There were five different age categories and one winner per group. All students were given a Hometown Buffet coupon, and the first place winners were given a \$10 Jamba Juice gift card as well.

The winners were: Ignacio Vertti for the 1st/2nd grade group, Brandon Ochoa for 3rd grade, Miguel Aguilar for the 4th/5th grade group, Angeline Le for the 6th/7th grade group, and Daniel Madrigal for the 8th-12th grade group. Congratulations to all students for trying their best!



### Big Momma's House is a must see for the whole family

#### OSCAR NAVARRO REPORTER

A funny movie I recommend watching this year is *Big Mama's House: Like father, like son*. This movie is a comedy all about an undercover agent.

It all begins with Martin Lawrence and Brandon T. Jackson, who play father and son in the movie. Martin is the star of *Big Mama* and Brandon plays the son/daughter.

They go undercover dressed as two fat women who work at an all girls school. They go and hide in disguise in order to complete their mission. The dad

had been doing this for his whole career. His son wants to become a rapper and sees a dream for hitting big money by selling CDs of his own music. The only reason he is going to do the job with his father is to obtain a signature in a rapper's contract. He goes to get the father's signature during their undercover job in order to become a big star.

Later, during the story, he is considered a freshman who is new to all of this agent's undercover job. On the way, the son becomes in love with the school idea because he knows there are going to be hot girls

around.

Both father and son think they are useless for each other for this undercover job. Somehow, later in the story, they become a team, even through all their mistakes, to solve this mystery. Even though mistakes and errors have been done to each other, they still manage to complete the job.

This movie has lots of humor and excitement to watch. I recommend this movie if you like humor, excitement, and teenage romance all in one! This is also one way to spend more time together with the family.

#### "Forbidden Love"

By: Joy Carla Esteban

Nothing can change the fact that we are far away from each other. We both think about how it should have been better.

I knew it was a mistake when I hid our love from everyone.

Now I miss your hugs that kept me safe and warm.

Even if we were together for a very short time,

Our love to them was a serious crime.

But I'd trade all for one last hug you know,

So you can keep me in your arms  
Just don't ever let me go.



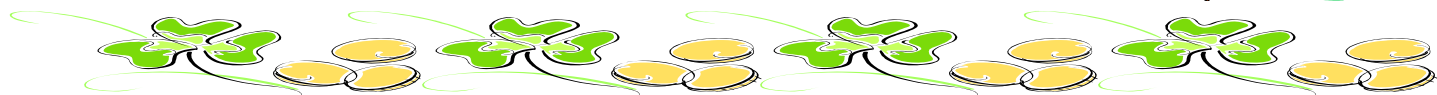
# JUST FOR FUN

## ST. PATRICK'S DAY WORD SEARCH

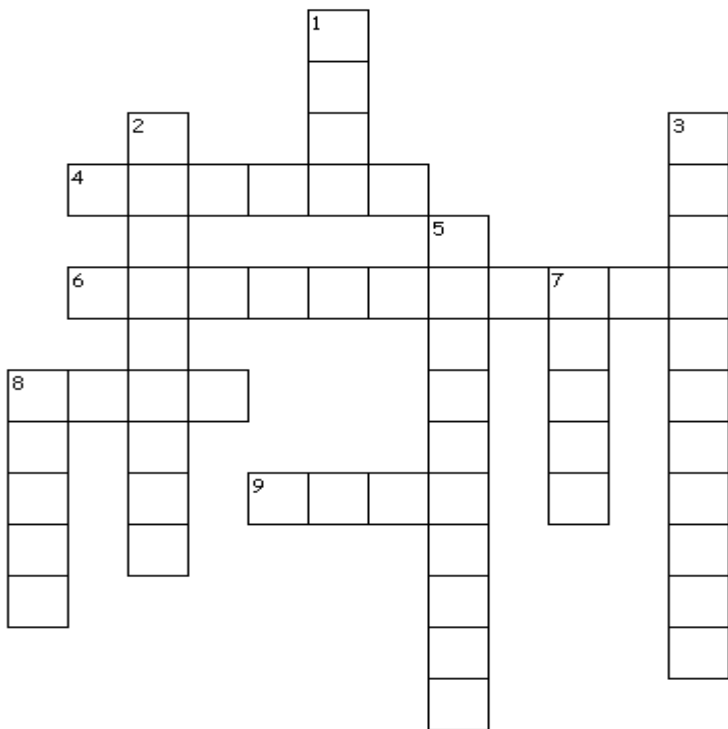
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### WORD BANK

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| Clover    | Leprechaun |
| Emerald   | Luck       |
| Fairy     | Patrick    |
| Gold      | Rainbow    |
| Green     | Saint      |
| Horseshoe | Shamrock   |
| Ireland   | Wish       |
| Irish     |            |



## Cesar Chavez Crossword Puzzle



### Across

4. What was the highest grade Cesar Chavez completed?
6. Who did Chavez marry?
8. How many brothers and sisters did he have?
9. A teacher made Chavez wear a what?

### Down

1. What type of wave evaporated the water in Arizona?
2. What is Chavez's slogan?
3. Hero to the Mexican farmers.
5. Where did Chavez lead his followers?
7. How many children did Chavez have?
8. How many people did Chavez start off with on his walk to D.C.?

All puzzles created by Daniel Madrigal

Hint: All answers can be found in story on page 4.

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| <p><b>House Special</b></p> <ul style="list-style-type: none"> <li>• 1 Large Pizza (2 item)</li> <li>• 2 Liter Soda</li> <li>• 1 Side Order (any)</li> </ul> <p><b>\$23<sup>99</sup></b> +tax</p> <p><small>With coupon. Not valid with any other offer.</small></p> | <p><b>\$3<sup>00</sup> OFF</b><br/><b>16" PIZZA</b><br/><b>ANY TIME</b></p> <p><small>With coupon. Not valid with any other offer.</small></p>  |
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# SPORTS PAGE

## Reasons why beach volleyballs are not allowed in stadiums

**MIGUEL AGUILAR  
REPORTER**

Have you ever wondered why they don't allow beach volleyballs at major league games? If the answer is yes, then you are reading the correct story.

The main reason they don't allow beach volleyballs at major league games is because they don't want the beach balls to attract a lot of attention to themselves and distract the viewers from the main event. For example, in baseball, if the batter gets distracted by the beach volleyball and stares at it, the pitcher can pitch the ball, and the ball can hit them in the face. Another reason beach volleyballs are not allowed is because before the game starts, the crowd could start a commotion and say, "If you hate the team that's playing then hit the beach ball," which would lead

towards a huge disturbance or distraction. If the security guards were to see this, they would pop it.

The reason they don't allow beach volleyballs at major league soccer games is because they can also distract the players, and the players might think the beach volleyballs are the soccer balls, and they might start playing with the beach volleyball instead of the real soccer ball.

They don't allow beach volleyballs at professional football games either because, like all of the others sports, the players could get distracted. But football is a full contact sport, so if they have beach volleyballs, it will distract the players, and they might lose a lot of money.

That is why they do not allow beach volleyballs at major league games.

## L.I.T.'s carwash postponed due to rain



**Due to rain possibilities, the L.I.T. has postponed their carwash event until further notice. A date has not been set yet, but they will send out notification once planned. Students were only asking for donations to raise money for their end of the year Disneyland trip.**

**For more information contact**

**Viridiana Hernandez (626) 329-0860x1220**

## Healthy recipes: easy for students to make!

These recipes, and many more, can be found at: <http://cachampionsforchange.net/en/Recipes.php>

### Apple Oatmeal

**Makes 4 servings.**

*¾ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 2 minutes

#### Ingredients

- 1 ¾ cups 100% apple juice
- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt (optional)

#### Preparation

1. Combine all ingredients in a medium, microwave safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.



### Vegetable Quesadillas

**Makes 4 servings. 1 tortilla per serving.**

**Prep time:** 10 minutes

**Cook time:** 15 minutes

#### Ingredients

- nonstick cooking spray
- 1/2 cup chopped green bell pepper
- 1/2 cup frozen corn, thawed
- 1/2 cup sliced green onion
- 1/2 cup chopped tomato
- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- 1/2 cup shredded reduced fat Cheddar or Monterey Jack cheese

#### Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.



### Chicken and Rice

**Makes 6 servings. 1 cup per serving.**

**Prep time:** 15 minutes

**Cook time:** 40 minutes

#### Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into strips
- 1 medium onion, peeled and chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, seeded and finely chopped
- 3 cloves garlic, finely chopped
- 2 cups reduced sodium chicken broth
- 2 (14.-ounce) cans no salt added diced tomatoes, drained
- 1/2 cup frozen pea and carrot blend
- 1 teaspoon each ground cumin and chili powder
- ¾ cup brown rice

#### Preparation

1. In a nonstick skillet, sauté chicken strips over medium heat until cooked thoroughly, about 10 minutes. Set aside and keep warm.
2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice and serve.

