

Batya

1/23/17

Writing

WHY PEOPLE SHOULD BECOME VEGETARIANS

Friday night was finally here! On the Jewish holiday of Shabbat, my dad always cooked his weekly feast: buttery mashed potatoes, heavenly noodles with loads of kasha, roasted broccoli, brussel sprouts, and cauliflower all erupting with flavor in my mouth. But the star of the meal was always the delicious, mouth watering, seasoned chicken. I sat at the table putting my napkin on my lap. Taking hold of the platter with the chicken on it, I dropped a piece on my plate . As I gazed down at the chicken, I remembered that I had read an article a few weeks ago, and it said that the food chicken came from the animal chicken. That would mean I am eating a dead body. That, is disgusting. Suddenly, I am not so hungry anymore. Many people in the world believe that meat is delicious. While that might be true, eating meat is also harmful to the environment, lowers the population of animals, and is not very healthy. I support vegetarianism and suggest that you should become a vegetarian, as well.

A vegetarian diet is much healthier than one with meat. This can be seen in The Academy of Nutrition and Dietetics recent study. This study showed that vegetarians have lower cholesterol levels, lower blood pressure, lower chance of getting type two diabetes, meaning that vegetarians have a lower risk of death. According to

Ronin Stepeck, a fifth grader at Solomon Schechter in Manhattan, “Vegetarian diets are the healthiest of all. It makes you feel happy in side. In your heart and your brain.”

Being a vegetarian will save over 100 million animals annually. For example, over 56 billion farm animals die per year, not including sea animals. In fact, If people were vegetarians, **one person alone** would be able to save 95 animals per year and over thousands per lifetime. Imagine if we all were vegetarians. Over trillion of animals would be saved each year. That is a lot of saved animals!

The reason that 54% of vegetarians became this way is because of animal welfare. “I did not become a vegetarian for my health, I did it for the health of the chickens.” admits Isaac Bashevis Singer. This shows that some people also care about these poor animals who are slaughtered for food.

Vegetarian food is overall much cheaper. A good quality chicken these days is \$5.00 a pound or so. Let’s take a vegetarian protein, black beans. Black beans cost about a dollar per pound. Both foods have an equal amount of protein per serving. The average American eats about 50 pounds of chicken per year. That is \$250.00 of chicken. If black beans were your replacement protein, you would only have to pay \$50.00 per year for it. That saves you \$200.00! That is a lot of money! In addition, due to mass production, vegetables are very cheap and affordable. Aside from being delicious, vegetables are healthy and cheap, so every household should have some.

It may be your belief that vegetarianism is wrong. People who work in the meat industry, that is thousands and millions, will lose their jobs. Also, certain vitamins you

need only come from meat. However, former meat industry employees can find a more environmental or animal friendly job. Plus, vitamins you might eat in meat are also available at your local drug store; you could buy a can of delicious gummy vitamins instead of the kind that used to be alive.

Vegetarianism should be considered because it is healthier, better for animals, and it is cheaper. People should treat themselves and the environment fairly, and what's fair about eating other living creatures? If you were in a world of giants and were hunted and eaten, you would know how those animals feel, and I don't think you would like it. Us humans can put a stop to this ruthlessness and stop killing animals. Next time you are having meat for dinner, think twice about those animals who are killed. I hope you will take my reasoning into account and follow a vegetarian diet.

Name: Daniel

1/23/16

Writing

Should Kids Play Pokemon Go?

Hey kids! Do your parents bug you to get outside and do you like video games? Well if so Pokemon Go is the perfect game. You can get outside while playing video games. If your parents are like mine, they always tell me to be more active. One story that REALLY happened to me, is about my dog. Walking my dog Cam is very tiring, boring and no fun especially when you do it at 6:30am. Cam is a cute King Charles Cavalier who likes to be inside, that means he tugs a lot and does not like to play with other dogs. In other words, walking my dog is no fun. That's of course before March 4th, 2016 (when Pokemon Go came out). Walking dogs with Pokemon Go is the most fun and cool thing in the world. So it works perfectly. Cam gets exercise and I have fun while he runs around.

Many parents think their kids spend too much time indoors with screens. Nintendo thought that this was unfair so they made a compromise. They made Pokemon Go a game that you have to be outside while playing. Some people claim that the game is dangerous. If you agree with them you have to be absolutely **CRAZY!!!!!!** Pokemon Go is an app that is a great game for kids because it gets them exercise, it's fun, and builds teamwork.

One reason kids should play Pokemon Go is because it is good exercise. A study from the Harvard T.H. Chan School of Public Health shows that players of Pokemon Go took, on average, 955 extra steps a day in their first week of chasing Pokemon. Caroline Park, LVN, primary care patient coordinator at Keck, agrees, "I doubled how much time I walk each day because the game gives me a reason to be outside. If you have difficulty finding a reason to walk, this game could potentially help motivate you. The benefits of walking include having better cardiovascular health, burning calories and enjoying the world instead of staying in your room watching TV." She also warned, "Pay attention to your surroundings when you are walking, riding your bike and don't play Pokémon when you drive." My experience is the same as these experts. The game makes me get outside and exercise. I've played it while walking the dog or scootering around with my brother .

Another reason kids should be able to play Pokemon Go is that it is a good app for teamwork. Pokemon Go is a way to meet people who are all searching for the same Pokemon in one spot. Sometimes, you will search or take on gyms in a group. According to Matt Hoffman, DNP, clinical assistant professor at the Texas A&M College of Nursing, "There is a sense of community when trainers converge in search of Pokémon, or when they gather together at Pokéstops," Matt said. "The game is bringing people together, providing opportunity for social interaction and increasing our sense of belonging, which can have a positive impact on our emotional and mental health." Pokemon Go is user friendly for all generations. "This is a relatively non-violent game, and I have seen families walking around playing the game together," Matt said. "It encourages parents to go outside with their children while they play. Pokemon Go has the ability to transport families away from an evening on the couch walking around the neighborhood."

Lastly, Pokemon Go is the most fun thing on the face of the Earth, I like that you have to move around and makes you want to do things. There's new goals and missions. A 13 year old boy agrees. He said, "Whether you play this game with your family or with friends or when you're playing by yourself this game IS A BLAST. You go around catching amazing different creatures. Everyone should play this game. I've had the game for a month and have walked 140 kilometers, and have met a lot of new people." A 5th grade boy named Jonathan Podchlebnik says that "Pokemon Go is the best game ever and it's fun!!!"

On the other side there have been some not so great things that have happened while people have played Pokemon Go. For example, people have followed the map and found floating dead bodies. Some have been robbed or shot. Others have been run into by a car because they were not paying attention to anything but their screen. One kid even walked into a pole. Don't make that be you and be careful. I disagree that this should be a reason for kids not to play. Kids just need to be responsible while playing. On the title screen, it reminds you to pay attention to your surroundings. It even has a sensor to tell when you are driving and won't let you play the game.

Even though all of those bad things could happen, the chances of them occurring are very slim. If kids play with friends or family, and are aware of their surroundings, they will be fine. Next time you walk outside try to play Pokemon Go so you can also enjoy the fun, get exercise, and work with others. Everyone should play this game!

Should Parents Monitor Their Kids Cell Phone Usage?

Name: Malka

Date: 1-23-17

Writing

On the first day of winter break I was sitting with my friend looking at her texts. She just got a new phone and I was helping her out with her texts by giving her some of our friends phone numbers. I checked her phone and one of my friends had sent her a text. It said that she was really mean and she was an animal. I know that really hurt my friend's feelings because she started crying and she dropped her phone and ran away. I know that from what the other girl said to my friend, her parents weren't checking her texts. I also hadn't known that girl as a mean kid, she was usually a very nice kid. I started to wonder what her parents would do if they knew that she was cyberbullying kids. I talked to some of my friends that were also friends with her and asked if they knew anyone else that she was cyberbullying. It turns out that she had been saying mean things about other kids as well. Parents should be stopping kids from doing mean things and the parents should be telling their kids to do the right things. Most parents should care if their kids are not being responsible and if they do care, why don't they check their phones?

Parents should be monitoring kids cell phone useage for many reasons. One reason is because kids could be doing mean things. Kids have said that other kids have cyber bullied them and it eventually turns into a physical fight. Also many kids have posted rumors about kids that they know. Kids can also be embarrassing other kids and hurting their feelings. In an article I read that 4% of the teens polled said they had arguments which started out online from a post but ended up turning into a physical fight. This may not sound like a large number, but when you consider that 43% of teens aged 13 to 17 reports being a victim of "cyberbullying". Bob Lotter,

founder and CEO of eAgency Mobile Security, a Newport Beach-based company that developed the My Mobile Watchdog software for monitoring activity on mobile phones said “Parents who monitor their kids’ online activities are simply creating an electronic safety net.”

It is the parents jobs to teach the kid to do the right thing. Parents should be checking their kids phones because kids may be looking at things that are not appropriate for them to see. Also Kids can’t be trusted, Lotter said: “Children need help with their decision-making process. Sometimes they just can’t quite make the right decision.” In a survey from 5th Grade at SSSM: 10 out of 13 kids parents sometimes check their phones- this shows that parents at SSSM actually want to make sure kids are doing the right stuff.

One last reason is that it is the parents job to keep kids safe. Lots of kids post their home address online. Kids also don’t turn off their GPS settings. Kids also don’t use their privacy settings all the time and that is bad because strangers can see where they are and go find them and hurt them.

Other parents might say that it is the kids job to stand up for themselves not their parents. Kids also can’t have other kids telling them what to do all the time. Kids might need help because what if the bullying got out of hand and they need to tell someone. Kids can’t do everything on their own and they need adult support and that’s what parents are for.

I feel like kids should not be hurting other kids and it's the parents jobs to make sure that they feel like they can tell them if they are getting bullied. It is the parents jobs to stop their kids from doing mean things. What if parents just check their kids phones, would it make a big difference?