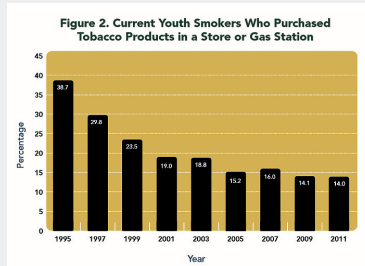


# Illegal sales of tobacco to kids drops 77% since '97



Even before the tobacco companies agreed to pay millions of dollars in penalties for the health damage cigarettes have done, laws were passed in many states to make it illegal to sell tobacco products to kids under 18. Now they're nearly everywhere.

And, according to the annual Synar Report, those laws are working.

Investigators have been sending young people into stores and gas stations to see if they could buy cigarettes, tobacco or snuff, and reports that, while in 1997, 40 percent of their under-age agents were able to purchase tobacco, this past year only 9.1 percent were able to.

Smoking is also less cool than it used to be: Another report shows that, while half of eighth graders had tried smoking in the '90s, only 16 percent had in 2012.

Graph: Synar Report

# ColoradoKids

September 3, 2013

CK Reporter  
Isabelle Spetalieri,  
Erie



**FRESH FRUIT: IT MAY BE BETTER IF YOU EAT IT THAN IF YOU DRINK IT**

Eating fresh fruit can help prevent you from developing type 2 diabetes, according to a study reported in the British Medical Journal.

Researchers asked people about their eating habits and found that people who often ate fresh fruit – especially blueberries, grapes or raisins, apples and pears – were less apt to develop diabetes.

But those who frequently drank fruit juice didn't have the same positive results, and often had negative ones.

The researchers were not sure why, but suspect that turning fruit into juice takes out some important things like pulp and other ingredients that matter to your health.

Dieticians have long warned that, while fruit is really good for you, fruit juice can be too much of a good thing: One glass has natural sugars from so much fruit that, in terms of calories, it's not much better for you than drinking sugared soft drinks. Photo: Daderot

## CONCERTS, INTERVIEWS, HUMOR

The moment all Directioners have been waiting for is here: One Direction's new movie, "One Direction, This is Us" has been released!



By Ellory Boyd,  
11, a CK Reporter  
from Louisville

The documentary chronicles the five boys' daily life on tour, as well as giving back-stories about their rise to the top.

It also includes interviews with Harry, Niall, Louis, Zayn, and Liam, their families, and their tour crew.

And for all those true Directioners out there, there are tons and tons of behind-the-scenes footage of the boys you love!

Even people who are not super-fans of One Direction could enjoy this movie.

It's funny, but not in a staged way. The boys are just naturally fun-loving, always joking around and having a good time.

Interviews with the boys and their parents, admitting that this world-famous thing is still kind of surreal and that they miss each other, kept the film real, as well as provided intimate moments for people who enjoy



some heartfelt moments in their movies.

But if you are looking for a film with a strong plot, this not the right movie for you.

Like most celebrity documentaries, it simply follows the boys through their life, with no real story arc. It is also quite repetitive, following a pattern of loud concert scene, intimate interview, loud concert scene, intimate interview throughout the entire movie.

Since the movie is in 3D, the concert scenes are very cool, with animation popping excitingly across the screen and toward your face. The energy could sweep anyone up!

Those scenes are also the

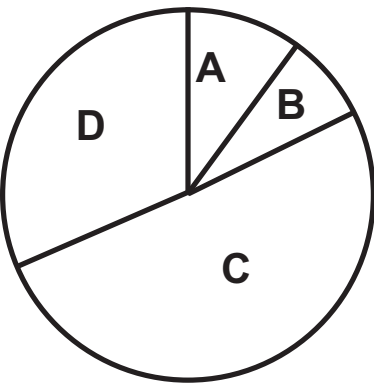
loudest, though, and – just a warning – thousands of screaming fans, loud party music, and 3D aspect can create a headache.

But for those who don't feel like braving a One Direction concert, this film is a great alternative!

If you weren't planning to see this movie, I think you should give it a second chance. It is genuinely funny and shows a cool aspect of this band that you don't always see.

Even parents enjoyed this film! I would rate it a 3 and a 1/2 out of 5 stars due to its lagging plot.

Despite that, you should check out this loose, fun-loving movie as a last hurrah as the school year starts.



# Celebrations are low key for CK readers

**O**ur readers are a lot more laid back than some grown-ups probably give them credit for.

When it comes to getting together with friends, a little goes a long way for most CK readers.

Quiet times with good friends were far more important to the people who responded to our latest question than arranging big deal outings and throwing large, loud parties.

Here's what we asked, and what you told us:

*What is your favorite way to celebrate with friends?*

A. Group outing to a ball game, movie or other event. 10%

B. Huge party, lots of people, food and entertainment. 8%

C. Sleepover with pizza, brownies or both. 51%

D. Something mellow, with one or two good friends. 31%

Now here's our next question: **The Broncos kick off their 2013 season Thursday night. How much do you care?**

**A. Go Broncos! Can't wait for that first whistle!**

**B. I like the NFL, but I follow a different team.**

**C. I might pay a little bit of attention.**

**D. Not at all on my radar.**

To answer this question, go to [www.yourhub.com/NextGen](http://www.yourhub.com/NextGen)

**ck Kids and adults can find live links to information about stories in Colorado Kids at [www.ColoradoNIE.com](http://www.ColoradoNIE.com)**

## Colorado Kids

is produced by

Denver Post Educational Services

Executive Editor: Dana Plewka

[ColoradoNIE@denverpost.com](mailto:ColoradoNIE@denverpost.com)

CK Editor: Mike Peterson

[coloradokidseditor@gmail.com](mailto:coloradokidseditor@gmail.com)

We welcome your comments.

For tools to extend the learning in

this feature, look under

"eEdition lessons" at:

[www.ColoradoNIE.com](http://www.ColoradoNIE.com)

eEditions of the Post are

free of charge for classroom use.

Contact us for information on all

our programs.

Denver Post Educational Services

101 W. Colfax Ave.

Denver CO 80202

(303) 954-3974

(800) 336-7678

## New MacLachlan novel emotional, enjoyable

**"K**indred Souls" by Patricia MacLachlan is about a young boy and his grandfather's friendship.



*By Gwen Wilusz, 9, a CK Reporter from Fort Collins*

Jake is a joyful but worrisome kid, while Billy is an easy-going and understanding man.

All that Billy really wants is a sod house like the one he grew up in, and he wants Jake to build him one.

Jake is in a dilemma trying to decide if he should do it.

He doesn't want to, but he doesn't want to upset Billy.

Although the beginning is slow, the detail is great!

Illustrations may not be in the book but they form in your

mind.

At some parts of the book tragedy is everywhere, but most of the time joy overwhelmed the pages.

Tears came into my eyes or happiness rushed through me, and the details made me feel like I was there myself.

One thing I wanted to know was how the old sod house was

destroyed.

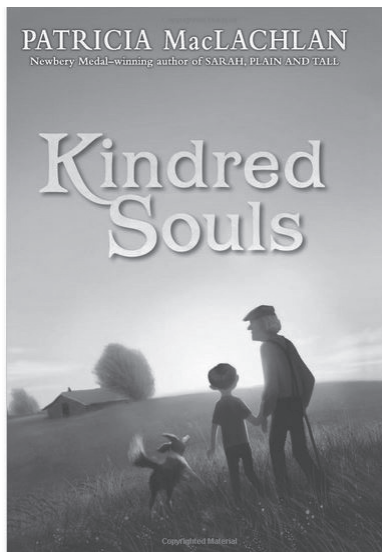
Did Billy and Jake's family knock it down or was the house damaged by weather?

Patricia MacLachlan also is the author of "Sarah, Plain and Tall" and "Skylark".

These books are different from "Kindred Souls", but a similar-

ity that stands out is that they are both about family.

This 119-page book brought out a variety of emotions and was a very enjoyable read.



### NFL LAWSUIT REMINDS OF THE IMPORTANCE OF SAFETY IN SPORTS

**T**he big news in sports last week was that the NFL and the players union have agreed to settle the lawsuit over concussions.

The union, and 4,500 players and former players, had sued the league, saying that it knew the terrible damage done to brains by concussions in football but didn't warn players or give them good medical care when they were injured.

The league didn't admit that, but agreed to set up a fund to help injured players with their medical bills and the terrible effects of brain damage they suffered during their careers.

What does this mean to you?

First, it reminds you to wear a helmet when you are supposed to. Make sure it fits and that you're wearing it right.

Also, if you hit your head and feel sick or dizzy, or can't remember what happened, get medical help. Don't play tough guy: You're not tougher than an NFL linebacker.

Finally, before you join a team, make sure its coach has been trained to spot head injuries. *Photo: Mcmahsens*

### BEYOND THESE FOUR PAGES

Three articles in today's CK encourage healthy behavior in what you eat, how you play sports and how young people look at tobacco use. Look through the rest of today's paper for stories that might encourage healthy behavior and ones that could tempt you to do something that might not be good for you. Which type of article are there more of?

# HELEN KELLER HELPS IMPROVE KIDS' VISION

Most people know about Helen Keller, who went blind and deaf from illness at 19 months old. They've read of her life, or seen the play, "The Miracle Worker," about how Annie Sullivan taught the young Helen to read and speak.

But Keller's story did not end there. She went to Radcliffe College and graduated with high honors, then devoted her life to social justice.

In 1915, she founded Helen Keller International, which works to help prevent vision loss and malnutrition.

One of the group's projects, ChildSight, is set in Kon Tum province, Vietnam, where school children are given eye exams and quality eyeglasses at no cost, thanks to a partnership of Helen Keller International and the Vietnam National Institute of Ophthalmology in Hanoi.

First, local eye doctors help train teachers and community health workers so that they can give kids simple eye tests.

Then ophthalmologists visit the schools and give full eye exams to the students who have been shown to have vision problems.

Kids can then choose frames and get glasses, to help them do better in school and in life.

In the past year, more than 7,000 students were tested in their schools, the ophthalmologists examining about 1,700 and 741 kids got eyeglasses through the program.

Now Helen Keller International and the VNIO hope to expand the program to more schools in Tan Som province and eventually have it throughout Vietnam.

According to Helen Keller International, the Western Asia-Pacific region has the most people who need eyeglasses but have never visited an eye doctor.

In Vietnam, one in five children has vision problems and needs glasses. The organization Helen Keller founded is trying to work a few miracles to help solve that problem.



In this screengrab from a video on the Helen Keller International site, a school girl from Kon Tum, Vietnam, gets a free eye inspection. Kon Tum province is in the Central Highlands of Vietnam, next to where the borders of Laos and Cambodia meet.



## NIE is N-E-W!

Visit our brand-new website this summer

The Denver Post's Newspapers In Education (NIE) is getting a brand-new look online! New site features include:

- Colorado Kids on Tuesdays
- Mini Page on Wednesdays
- Kid Scoop on Thursdays
- "This Week in History" quizzes to help teachers
- New ways to compare and contrast local media content



Visit the new website today at  
[www.ColoradoNIE.com](http://www.ColoradoNIE.com).

**ColoradoNIE.com** 

The Denver Post | Boulder Daily Camera | Longmont Times-Call | Loveland Reporter-Herald



## Brainteaser



On this day in 1783, the Treaty of Paris ended the American Revolution. (We won.) So all of our answers this week will begin with U for United States.

1. Four-stringed Hawaiian guitar.
2. The tallest mountain in the San Juan range, near Lake City.
3. This citrus fruit, named for its lumpy, bumpy looks, is a cross between a grapefruit and a tangerine.
4. Kiev is the capital of this nation.
5. Soldiers, sailors and some students wear these clothes.
6. The person who leads you to a seat at a wedding or play.
7. Peter Beagle wrote a novel about the last one.
8. Native people of Colorado and of the state named for them.
9. Control-Z is its shortcut on your computer keyboard.
10. The mineral from which fuel is made for nuclear reactors.

(answers on Page Four)

# START YOUR DAY WITH A SWEET SURPRISE!

Skip the boring Monday morning cereal and instead surprise yourself with easy-to-make "Jam Surprise Muffins!"



By Salina Garza,  
13, a CK Reporter  
from Westminster

This delicious recipe comes from a cookbook called "Kids



In The Kitchen" by Gooseberry Patch.

This cookbook is one of my favorites because there are lots of pictures

and its very well organized and makes sense to a kid.

I like this recipe because its both easy to make and great to eat, so let's get started!

Here is a list of the ingredients you'll need;

- 2 cups of flour
- 3 tablespoons of sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¾ cup butter softened
- 1 egg
- 1 cup of milk
- Non-stick vegetable spray
- ½ cup of your favorite jam

- Tools:
- Measuring cups & spoons
  - 2 Mixing bowls
  - Fork
  - Whisk
  - Spoon



**Add A Second Surprise!** You can add your own touches, like a dash of cinnamon or a handful of nuts *Photos by Salina Garza*

Muffin tin  
Paper liners



1. Preheat the oven to 425 degrees Fahrenheit.

2. Combine the flour, sugar, baking powder and salt in 1 of the two mixing bowls.

3. Blend in butter using a fork until



mixture is crumbly. Form a well in the center.

4. Whisk together the egg and milk in the empty bowl, then pour into the well in the dry ingredients bowl.

5. Stir the mixture until ingredients are moistened. The batter should be lumpy.

6. Fill the paper liners about 1/3 full.

7. Spoon one tablespoon of jam on top of the batter in the paper liner. Then cover the jam with enough batter to



make it 2/3 full. Repeat this will all the other muffins.

8. Bake at 425 degrees for 20 to 25 minutes and enjoy!

This makes one dozen muffins and takes 30 minutes. Don't put too much jam in, or it will make a mess of the muffin tins.

These muffins can be kind of bland so I like to add cinnamon. You could also add nuts for more flavor. (Adding cinnamon

or nuts would go with Step Number 5).

When they come out they don't look pretty because the jam spews out, but they taste great. I wouldn't recommend these for any baking competi-

tion because the appearance wouldn't score well, but then again looks aren't everything!



YOUTH-WRITTEN STORIES THAT APPEAR HERE ALSO APPEAR ON

# nextGen

YourHub.com/NextGen

COME READ MORE STORIES, AND MAYBE WRITE ONE YOURSELF!



**Brainteaser Solution**

(see Page Three)

10 right - Wow! 7 right - Great! 5 right - Good  
3 right - See you next time!

1. ukelele 2. Uncompahgre Peak 3. ugli fruit  
4. Ukraine 5. uniforms 6. usher 7. unicorn  
8. Ute 9. undo 10. uranium

