

\$1.50 a day
the extra cost
of eating a
healthy diet



Good food/junk food

There's a lot of talk about the importance of healthy diets these days, particularly for kids, since childhood obesity leads to so many health problems later in life. But how easy is it to eat a healthy diet?

It's not hard, but it does cost more, according to the Harvard School of Public Health. They looked into what it costs, for example, to choose lean meat instead of fatty meat, and to add fruits and vegetables to your meals.

There are many ways to measure it, and they admit that this isn't exact, but they found it costs about \$1.50 more a day to eat healthy foods, which comes out to about \$550 a year. That could be a lot for a family with a small amount of money and a large number of kids. But how much does a healthy family save on doctor bills?

Photo by Jaranda

ColoradoKids

December 10, 2013



CK Reporter
Emma Holub,
Littleton



KOALAS SAY "I LOVE YOU"
IN A VERY SPECIAL WAY

When birds want to attract a mate, they do it with lovely musical notes.

And when people say "I love you," they whisper their words in sweet, low tones next to their true love's ears.

But when male koalas call to the ladies for a little romance, the sound they make has been compared to donkeys braying, or what one scientist called "a frog vomiting."

And, whatever they think it sounds like, researchers agree it sounds like it should be coming from an elephant, not a little 20-pound marsupial.

Turns out the koala doesn't make that bellowing sound with his vocal chords, or, at least, not with the regular ones in his larynx.

The koala has a second set of chords at the back of his throat that make a much deeper sound when he draws air sharply through his nostrils. Female koalas also make low-pitched tones, researchers said. *Original koala photo by Quartl*

HISTORY TOLD IN COMIC FORM

"Segregation at the downtown stores bothered us the most. We could shop there and pay the same prices as white customers, but we couldn't use the dressing rooms, or sit at the lunch counter to eat. It was humiliating."

These are the words in Congressman John Lewis's "March: Book One." John Lewis -- who is a congressman today -- was the sixth speaker in the March on Washington, when Dr. Martin Luther King, Jr. spoke tenth and told of his dream.



By Lauren Hill,
12, a CK Reporter
from Littleton

"March" is the story of a boy who went from an Alabama farm to a life-changing meeting with Martin Luther King, Jr.

John Lewis had first started to realize what was happening when he went up north with his Uncle Otis, to visit relatives in Buffalo, N.Y.

His uncle and aunt had white people living right next door to them. Black people could do almost anything that white people could do. It was so strange to him.

He was used to being discriminated against.

But though he realized what was happening, he went on with his life. It was business as usual.

When he got to college, though, things changed.



He started the Nashville Student Movement, joining his fellow college students in non-violent protests that got many of them beaten horribly.

They practiced and practiced for the protests that he and his classmates would do in public places.

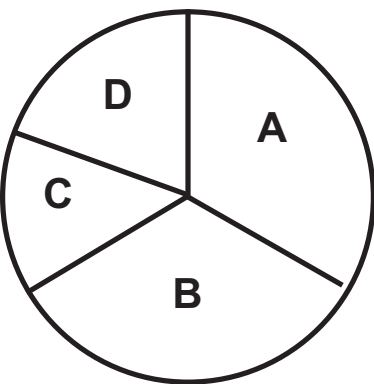
They had to learn how to protect themselves, but most of all, they stuck to faith and nonviolence to get them through.

I really loved this book.

I feel like the graphic novel part of it was not like a superhero comic book, where there isn't much writing and it is mostly just pictures.

The pictures really interacted with the writing, and they made the writing come to life in a way that couldn't be explained in a regular book.

I would recommend this book to ages 9 and up, so that they are old enough to understand what is happening and why some harsh words are used.



Believing in the Broncos, and in jinxes

There are plenty of Bronco fans among CK readers, but some of them are a little superstitious about counting chickens before they hatch.

Asked about the chances of the Broncos going to the Big Dance next month, 34 percent said they'd make it, while another 32 percent worried that talking about it early might jinx the Broncos' chances of making that championship game.

The final 34 percent either didn't believe or aren't football fans.

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

What are your thoughts about the Broncos playing in the Super Bowl in January?

- A. I've got Orange Fever! 34%
- B. Shh! You'll jinx it! 32%
- C. Nah, it'll never happen. 15%
- D. Super Bowl? What Super Bowl? 19%

Now, here's our new question:

How much attention do you pay to Colorado politics?

- A. I follow political news pretty closely.
- B. I follow all news, though not specifically politics.
- C. Only when politics have to do with things I care about.
- D. Not on my radar.

To answer this question, go to www.yourhub.com/NextGen

ck Kids and adults can find live links to information about stories in Colorado Kids at www.ColoradoNIE.com

Colorado Kids

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We welcome your comments.

For tools to extend the learning in this feature, look under "eEdition lessons" at: www.ColoradoNIE.com

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BEYOND THESE FOUR PAGES

In the toy reviews on Page Four, one reviewer said a toy was way too expensive, another said the price of hers seemed right. Look through today's paper for ads for various things that include prices. Make a chart with "inexpensive," "just right" and "too much" for each item. Have your classmates rate each item on your chart by how fair they think its price is.

Realistic depiction of eighth grade good for readers of all ages

"Nerd Girls: the Rise of the Dorkasaurus" is a realistic novel by Alan Lawrence Sitomer.



By Hannah Skurcenski, 12, a CK Reporter from Centennial

It is about three eighth grade girls; Maureen, Alice, and Barbara.

Maureen is a "big-boned" girl who is in love with cupcakes and chocolate.

"Allergy Alice" is allergic to so many things, it is hard to count all of them.

Barbara, who Maureen nicknames "Bean-pole," is the clumsiest person in the entire school and gets injured multiple times on a daily basis.

One day, Maureen realizes that the ThreePees (the Pretty, Popular, Perfect girls in the school) are going to do some-

thing to Alice that could hurt her badly.

Maureen decides to stop the ThreePees, and this bonds Maureen, Alice, and Barbara together.

They decide that they aren't going to be made fun of anymore, so they enter the school talent show against the ThreePees to teach them a lesson.

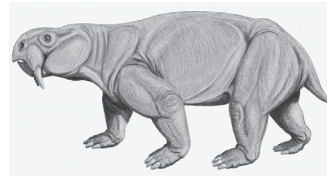
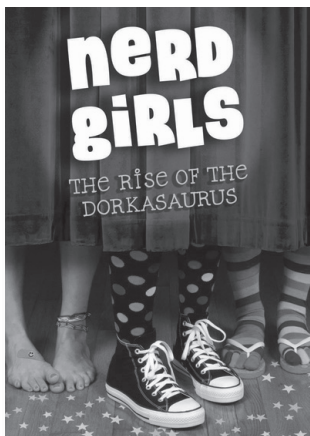
"Nerd Girls" is a book suitable

for girls of all ages. I enjoyed it and I feel that my fourth grade sister would too. It was an easy read for me, but not boring.

This book was very well-written. I didn't lose interest at all while reading this, and it made me want to keep reading.

It was selling for between five and 15 dollars when I searched it on Google.

I would rate this book 4 out of 5 stars because it kept me very intrigued throughout the entire novel.



PALEONTOLOGISTS PONDER PILES OF PREHISTORIC POO

Paleontologists are excited about a recent discovery in Argentina that will tell them a lot about dinosaurs.

You might call it a 220 million year old toilet, which sounds silly, but this huge pile of fossilized poo is valuable to science.

Fossilized dinosaur droppings are called "coprolite" and are not all that unusual.

Here's what makes them useful for research: You can examine the teeth of fossilized dinos and tell what sorts of food they ate, and maybe find some plant or animal fossils nearby that tell you what was there.

But coprolites can tell you exactly what they did eat, not just what they might have eaten.

Finding a pile of different dinos' poo tells you something else: It tells you that the particular dinosaur -- in this case, a rhino-sized creature called Dinodontosaurus -- was sociable and lived in herds.

This is the first discovery of a "group toilet" area from animals that were not mammals.

And relax: After 220 million years, they're just rocks.

Illustration: Dmitry Bogdanov

The world remembers Nelson Mandela

"I have learned so much from Nelson Mandela and he has been my leader. He is a perpetual inspiration for me and millions of others around the world." – *Malala Yousafzai, human rights worker*

"As President, I watched in wonder as Nelson Mandela had the remarkable capacity to forgive his jailers following 26 years of wrongful imprisonment, setting a powerful example of redemption and grace for us all. He was a man of tremendous moral courage, who changed the course of history in his country." -- *Former President George H.W. Bush*

"As we remember his triumphs, let us, in his memory, not just reflect on how far we've come, but on how far we have to go." -- *Morgan Freeman, actor*

"Through his fierce dignity and unbending will to sacrifice his own freedom for the freedom of others, Madiba transformed South Africa and moved all of us. His journey from a prisoner to a president embodied the promise that human beings and countries can change for the better." – *President Barack Obama*

"In the end, Nelson Mandela showed us how to love rather than hate, not because he had never surrendered to rage or violence, but because he learnt that love would do a better job." – *Bono, human rights worker, musician*

"He was a man whose heart, soul and spirit could not be contained or restrained by racial and economic injustices, metal bars or the burden of hate and revenge. He taught us forgiveness on a grand scale. His was a spirit born free, destined to soar above the rainbows. Today his spirit is soaring through the heavens. He is now forever free." – *Muhammad Ali, athlete*



"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite." -- *Nelson Mandela*

"I pray that the late president's example will inspire generations of South Africans to put justice and the common good at the forefront of their political aspirations." – *Pope Francis*

"He made us all understand that nobody should be penalized for the color of his skin, for the circumstances in which he is born. He also made us understand we can change the world — we can change the world by changing attitudes, by changing perceptions. – *Aung San Suu Kyi, human rights worker, political reformer*

"There is a little bit of Mandela in most of us South Africans. He wasn't a freak or a saint sent by some supernatural power. We are the products of the same history

and society that produced a Nelson Mandela. Above all, Nelson Mandela brought out the best in all his fellow citizens of all creeds, colours and classes. He gave South Africans a glimpse of what they could be as a nation." – *Max Du Preez, author* AP photo by Denis Farrell

Teachers!

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Brainteaser



On this day in 1830, poet Emily Dickinson was born, so all our answers this week will start with "E" for "Emily."

1. A tall, flightless bird similar to an ostrich
2. Tallest peak in Colorado, and in the whole Rockies
3. In the Bible, it's where Adam and Eve first lived.
4. First woman pilot to fly across the Atlantic solo.
5. Plump, purple vegetable related to tomatoes and potatoes.
6. Addis Ababa is the capital of this African nation.
7. First name of the stingy main character in the Charles Dickens story, "A Christmas Carol."
8. Also called the "spiny anteater," this Australian animal is one of four egg-laying mammals.
9. Capital of Alberta and home of the Oilers hockey team.
10. Actor Don Cheadle is an alumnus of this high school.

(answers on Page Four)

NERF BLASTER IS A BLAST

Are you a Nerf fan? If so, you will enjoy the new “Nerf Vortex Blaster.”



By Anja Mook,
11, a CK Reporter
from Northglenn

Unlike some Nerf products, this blaster shoots disks rather than darts.

The disks are about one inch in diameter, and have a plastic center surrounded by a ring of foam.

I really like the blaster because with the amount of disks it can hold, you don't have to re-load very often. The blaster's barrel can hold up to 30 disks at a time.

This Nerf gun is easy to fire and the disks go very quickly over a very long distance.



If you are playing a game that involves moving targets, like siblings (*wearing goggles!*), I would advise shooting from far away because these disks can really hurt at close range.

The Blaster includes a sight to help you aim. There is also a eject switch and a door to clear jammed disks, though sometimes these features can't fix clogs.

Then you have to manually force the barrel to rotate back into place.

Some downsides are that disks are easily lost and expensive to replace, and that, though the blaster is easy to aim, the disks swerve off-course.

Over all, I think it is worth the \$39.99 it costs.

This is the perfect present for Nerf fans older than six. I found people of all ages enjoyed it.

ELMO SAY ‘DISAPPOINTING’

“Sesame Street: Rails & Roads” has a railroad track and two trains with Sesame Street characters that come with it, but it's a deal you may want to bypass.



By Ben West,
13, a CK Reporter
from Denver

This expensive Sesame Street toy, designed for young car and train lovers, is a crushing \$35.

After testing out the toy, kids the ages of 3 and 6 didn't find this play device very attention grabbing or interesting.

For a toy this expensive, this set should have better features and more ways to play with it.

Setting it up was a very hard process, and not one that parents should have to go through for the amount of money paid.

The toy is pretty user-friendly, and is mostly durable while in use, but really has no purpose.

There are two tracks, a blue and orange one, that can be stacked on top of one another or placed side-by-side.

The tracks do have the alphabet and numbers up to 20 on it, so this is a good learning tool.

The toy also has trains with Elmo that sing songs.

That drew more attention to the toy, but not

enough to justify the price.

All in all, “Sesame Street Rails & Trails” is a toy that has a couple of unique features, but is simply not worth the money.



STICKER-MAKER GREAT GIFT FOR THOSE WHO REALLY LOVE GLITTER

Stickers can make your stuff look very cool. If you like to create your own stickers, you will like “Blingles Glimmer.”



By Audrey Hampton,
11, a CK Reporter
from Denver

Consisting of eight sticker sheets, four glitter rollers, a glitter brush, a glitter pen, ten

gems for the stickers and a convenient case to hold it all, “Blingles Glimmer” lets you create glittery stickers.

To make a sticker, choose one of four colors to roll onto a pre-cut sticky surface.

Then pick one of the many different

designs and add glitter to create a unique sticker.

After you create your sticker, you can stick it almost anywhere including shoes, phone cases, books and jewelry.

When you put the sticker onto something, it really stays on well.



But, let's just say you have to love glitter to play with this toy.

“Blingles Glimmer” contains lots of very fine glitter which will get all over your house, your clothes and, of course, the stickers.

Although it might be messy, this toy is also really fun.

It is recommended for anyone ages 8 and up.

But just remember, glitter is the gift that keeps on giving.

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Brain teaser Solution

(see Page Three)

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

9. Edmonton 10. East High (Denver)
7. Ebenezzer (Scrooge) 8. echidna
4. (Amelia) Earhart 5. eggplant 6. Ethiopia
1. emu 2. (Mount) Elbert 3. Eden

