Eating whole grains every day may give you more days

Nobody gets to live forever, but, if you want to at least get closer to that goal, here's something to chew on: Whole grains.

The Harvard School of Public Health in Boston conducted a study over a quarter of a century, keeping track of the eating habits of women and men in the health professions. One major finding is that the more servings of whole grains you eat, the longer you are apt to live.

It's true, researchers admitted, that many of the people who ate whole grains in their bread, cereal and similar foods had other healthier habits than those who chowed down on white bread and processed foods, but the study took that into consideration. The whole grains made a big difference.

That bowl of oatmeal may not seem exciting, but it might give you more time to enjoy the things that are.

Colorado Kids
January 13, 2015

HISTORIC TEEN POETICALLY PROFILED

Colorado-based author Melanie Crowder’s new book “Audacity” came out this month.

Before beginning her book, Crowder says, she researched many suffragists, but was looking for someone specific to write about, someone young and inspiring.

Crowder found Clara Lemlich, who stood up for people who had bad jobs in the 1900s when she was still in her teenage years.

Lemlich, a Jewish immigrant from Russia, found a job in a clothing factory in hopes of helping her family survive; however, the bosses mistreated the workers, so Clara led the women on the largest women’s strike ever, “The Uprising of the 20,000.”

She also worked for a woman’s right to vote.

Crowder started to write “Audacity” at the end of 2012 and finished at the end of this past year. At first, she was going to do a picture book biography but as she researched more, realized that a picture book biography couldn’t hold all the information that Clara had to offer, and she also decided that the book was begging for poetry to fit Clara’s determined personality.

Crowder went to Clara’s family members to find more about her and the more she interviewed them, the more Crowder saw how focused Clara had been to change things.

“Audacity” turned into a 364-page poetry book with a little bit of fiction mixed with nonfiction.

“Part of the scary-fun of “Jurassic Park” was the packs of raptors racing across the plains in pursuit of fresh meat. Hollywood fantasy? Maybe not.

For years, prehistoric carnivores have been depicted as hunters who wandered around on their own, seeking victims for their next meal.

But paleontologists had begun pondering the idea of raptors hunting in packs before the movie, and now they think they might have some proof.

A mountain near Moab, Utah, contains a collection of several utahraptor fossils that suggests the mid-sized, feathered raptors died together, trapped in quicksand.

Had they been hunting the iguanadont found with them? Or did it die in the quicksand, after which they came one by one to eat it and were trapped? Looking for evidence to answer questions like that is a large part of the fun of science!
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Stories without bylines were written by the editor.

Superlative book of gamer superlatives


By Connor Stockford, 12, a CK Reporter from Highlands Ranch

For instance, a man in Spain named Rodrigo Martin Santos holds the record for most “Tomb Raider” collectibles.

The game Santos loves so much stars an explorer named Lara Croft who ventures around the world stopping bad guys from taking artifacts from ancient times like the Mayan time period or the Egyptian time period.

Santos has 2,383 distinct Lara Croft toys. Any dancers? “Just Dance” holds the record for best-selling dance franchise.

So get your sweet moves and boogie to Katy Perry!

Lego has announced that the nasty villain Sandman took 5,164 Lego bricks to smash Spiderman and his super hero buddies in the game “Lego Super Heroes.”

Lego is the most successful franchise in video games, making 59 video games from their themed building sets.

Meanwhile, Mario just keeps living on. Since his first appearance in “Donkey Kong” (1981) the creators of Nintendo have grown him into his own franchise.

In 1983, “Super Mario Bros” was created. Years went by and Mario became even more famous.

I would rate this book 8 out of 10. The cover says it is recommended for ages 9 and up but I think it should be for 12 and up.

There was some bad language that made me feel uncomfortable and was not necessary.

However, this book made me think a lot about how people treat others.

The story is about the struggles of being a middle child, being bullied, and treating others the way you want to be treated.

Being a middle child can be hard.

Being bullied makes people feel sad and unimportant.

Treating others the way you want to be treated seems like a simple thing to do but it can be very hard at times.

(How do you treat others around you?)

CONFessions of a So-Called Middle Child

By Jayden Ponsford, 11, a CK Reporter from Aurora

Confessions of a So-Called Middle Child,” by Maria Lennon, is a book that will make you truly think about others.

Charlie, the middle sister of Penelope and Felix, is struggling with her new school, where she meets a girl named Trixie who becomes her friend instantly.

Throughout the story, Trixie tries to talk Charlie into getting another girl, Marta, kicked out of school so that she can win the spot on the gymnastics team.

A rumor is going around about Marta going to the school illegally.

Trixie is really happy and to make sure Marta actually doesn’t live in the school’s area, she sends Charlie to find out the truth.

Charlie disagrees with the plan but is afraid to lose her new and only friend.

The characters in the story have many struggles.

Charlie struggles with being the middle child, Marta struggles with being bullied and Trixie and Charlie both struggle with treating others they want to be treated.

Charlie, the middle child of the title, is never in a good mood and spends the majority of the book trying to figure out how to do the right thing.

Novel raises tough, realistic questions

“Trixie who becomes her friend

Throughout the story, Trixie
gling with her new school,

Penelope and Felix, is strug-

ning with her new school,

Lennon, is a book that will

research has shown that

eating whole grains can help

you to live longer.

Look through today’s paper for

pictures, photos and ads

that feature food. Divide them

into “healthy food,” “okay

for an occasional treat” and

“complete junk food.” Check

with a friend to see if your

ideas of what goes in each of

those categories match.
It’s easy to stick up for someone you like, and it’s easy to defend free speech when what is said doesn’t bother you.

Last week, however, thousands of people around the world stood tall in support of some cartoonists whose work was often very offensive and very unpleasant.

“Charlie Hebdo” is a magazine in Paris, France, that was founded by cartoonists whose senses of humor were so impolite that other magazines and newspapers wouldn’t publish their work.

Charlie Hebdo did not sell a lot of copies, but it was very well known in France, because people would see it on newsstands.

Often, they were quite offended by what they saw.

The magazine published cartoons that insulted many religions, but most Christians, Jews and Muslims would simply shrug, or they might complain.

Among the people Charlie Hebdo offended, however, were some politically radical Muslims.

Last year, terrorists who wanted to stop the cartoons tried firebombing the magazine’s offices.

The editor, cartoonist Stéphane Charbonnier, said he would not let bombs and death threats stop him.

“I have no kids, no wife, no car, no mortgage,” he explained. “It may come off as a bit arrogant but I’d rather die on my feet than live on my knees.”

Last Wednesday, three men came into Charlie Hebdo’s offices and killed Charbonnier, three other cartoonists and eight other people, including two policemen.

If they wanted to stop Charlie Hebdo, however, they have failed.

Thousands of people around the world -- Muslims, Christians, Jews and people with no religion at all -- have declared, “Je suis Charlie,” or “I am Charlie.”

It is a message to terrorists that, if they want to kill off the world’s freedom, there are many, many Charsies prepared to defend it.

Protesters in New York City join with thousands around the world in letting the terrorists know that they support freedom of the press and will not accept violent terrorism, declaring “Je suis Charlie” and holding up oversized photos of the eyes of the murdered cartoonists.

AP Photo/John Minchillo

‘Je suis Charlie’ defends freedom to offend

Be a part of history and enter the competition for the design of the ship’s crest for the new U.S. Navy submarine

USS Colorado

Prizes for selected entries including $1,500 scholarship for the winner plus a round-trip for two to the Ship’s Commissioning and more!

Register online at
usscoloradocommittee.org
Click on Crest Competition
Deadline is
March 16th, 2015

Sudoku

Rules: Every row across, every column down and each of the six smaller boxes must contain numerals 1,2,3,4,5 and 6, one time and one time only.

The solution to this week’s puzzle is on Page 4.
The only thing better than the tenderly cooked beef of an Uruguayan parilla (barbeque) is what comes after it: the buttery Alfajor dessert!

This bite-sized sweet combines Uruguayan dulce de leche with light, airy cookies and your preferred topping. And, luckily, they can be whipped up with common ingredients anywhere in the world!

### Dulce de leche:
- 14-oz can sweetened condensed milk
- shallow baking dish
- deeper dish
- Aluminum foil

Making the dulce de leche is quite simple. First, preheat the oven to 425. Then, pour the condensed milk into the shallow dish and place this dish inside the deeper dish. Now fill the deep dish with hot water halfway up the sides of the shallow dish. Cover the shallow dish with aluminum foil and bake for 1 to 1 1/4 hours, or until the dulce de leche is thick and browned. Once it cools, whisk it until it's creamy and smooth.

### Cookies:
- 1 stick of butter
- 1/4 cup sugar
- 1 1/4 cups flour
- 1/2 cup cornstarch
- 1/4 tsp baking powder
- 1 1/8 tsp salt
- One egg
- 1/2 tsp vanilla extract
- Powdered sugar or coconut flakes for topping
- Two mixing bowls
- Round cookie cutter (plastic water bottle lid sized)
- Baking sheet
- Rolling pin

After taking the dulce de leche out of the oven, lower the temperature to 350. Beat the butter and sugar together until they're fluffy, then add the egg and vanilla and stir. In the other bowl, mix a cup of flour, the cornstarch, baking powder, and salt. Now combine these bowls of ingredients and whisk until clump-free. If the dough is still sticky, add some of the remaining flour. Use the rest of the flour for dusting your cookie cutting surface. Then roll out your dough 1/8 of an inch thick and slice the cookies. These are sandwich cookies, so cut twice as many cookies as pastries you want.

Put them on the cookie sheet and bake 12 to 15 minutes or until golden-brown. When they cool, grab two cookies, fill with dulce de leche, and roll the confection on a plate sprinkled with your topping.

And since the confections are bite sized, you can nibble on some now and still have some to serve your friends later!