

Our Process Essays

Medolla-Strout

1/31/2013

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Skateboard Tricks

Have you always wanted to learn to do the Ollie on your skateboard? How about a kick-flip? Visit your skate shop or your skating website. This is a great way to see what works and what doesn't. Just by looking at others you might want to ask the kids that are riding skateboards about the wheels, board, etc. to hold you up while skating.

You will need a sufficient skateboard to last you a while. Have a friend that is advanced at skateboarding suggest you a brand. You need some comfortable clothing and a pair of skate shoes. Skate shoes are very important, because without them your feet can slip right off the board and roll your ankle more easily. If you don't have skate shoes, then I would suggest you would get some!

In the beginning, you would like to set aside a day or two to get comfortable on your board. Feel how it leans, and how the wheels spin. Skate around in your drive way or your sidewalk. When you get the hang of it, then find a good skate level to skate on. Like a concrete driveway, make sure there isn't anything in your way.

Find a position which you feel the most comfortable skating in. There is no wrong way to stand on your skateboard. After that, see which foot you feel right with pushing off on it. This foot will be propelling you forward while the other foot keeps your balance. Most skaters push with their back foot.

Soon, push off at a comfortable speed. Bend your knees, balance yourself and try not to fall off. To do that you would put your arms out like you are going to flap your wings. Soon, turn by shifting your weight to one side of the board in that direction that you want to go, at the same time still keep your balance.

Time to do flips! Let's start easy and simple. To-Do an OLLIE you are going to have do it as high as you can. Then as you get to balance more, you want to level off your feet, give it a nudge with your front foot on the board so the board can spin up to 180 degrees. You may want to use a little "scoop" motion with your back foot to make slightly a little easier.

Doing a kick-flip is easy! It is nothing but almost the same thing as Ollie, except when you nudge the board, kick the little area where the side of the board rises. Try out a few different motions until you get it to spin. This is not an easy trick so practice and don't give up!

Here are some tips while you're skating:

Practice makes perfection!

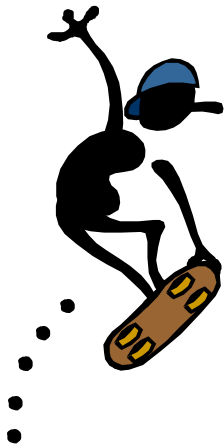
Skateboarding is all about balance, practice going down little slanted hills.

Don't try that trick unless you are fortunate that you can skate properly.

Warning!

Wear a helmet! You may not think it is cool, but it will save your head from getting it cracked open!

Follow these tips and you will be an expert on skateboarding. You will learn how to do Ollies and kick-flips in no time!



Anne T.

How to make Lemonade

By: Sajal



Do you like lemonade? If you do then this is the right thing to be reading! You can make lemonade for many reasons. In my opinion lemonade is best in the summer time when it's blazing hot. You can make lemonade to sell for money, your friends or just to cool down.

Ingredients

- *9-10 fresh yellow lemons*
- *Superfine sugar*
- *Purified ice water (or drinking water and ice cubes)*
- *3- quart jug with a lid*
- *Mixing spoon*

First those wash germly hands with soap and water, when you're done doing that, make sure your working space

is nice and clean. Next get those sour lemons out. Than get the pitcher out. Then pour 7 cups of sugar into the pitcher. After that cut 7 lemons in half and squeeze the juice out into the purified water (drinking water). After that put the ice cubes in (ice water). Finally shake the lemonade really good until the stuff in the pitcher turns yellow. Than mix it with a large spoon. Finally to make it look fancy put a lemon on the edge of the pitcher. When you're done sit back relax and enjoy your fresh delicious lemonade.

HOW TO DIVE

By: Ryan 1/4/2013

Are you an average swimmer but afraid to dive? Diving can be tough, but if you follow these simple steps, you can dive like the pros. DO NOT include goggles, they'll surely fall off.

First of all, get to the edge of a diving board or side of a pool. Make sure that you are not in shallow water to avoid neck or spinal injuries. Make sure it is at least 8 feet or more. Also, be sure you have enough confidence in yourself.



Meanwhile, lean forward about a 45° angle, and put your hands out. Connect your thumbs while doing this. Next, spring your feet off the platform and bend head-first into the pool. During this movement, straighten your legs. Make sure to NOT look up. This will move your hands in the wrong direction and can result in stomach injury.

While in the beginning step, try to prevent belly flops by ensuring the right hand and head direction. This might happen over and over, but don't be discouraged. Once you master this step, try moving further from the edge. Your final goal is to make your legs extend at about a 90° angle which will result in a smaller splash and start diving at the back of the board.

There you have it, a perfect dive. Make sure that you stay determined. Also, use safety precautions. Good Luck!

Making an Easy Burrito

By: Paige Santos

Are you tired of hard to make, gross meals? If so you're in luck! This is so simple that, you don't even need a parent to help you.

Here are the steps to making an easy, delicious meal. All you need are this paper, salsa, cheese, tortillas, and a microwave.

Take the tortilla bag and pull out a tortilla. Spread the salsa on to the tortilla and sprinkle on the cheese. Add any extras you want. Examples of extras are chicken, rice and beans .If you are really daring add in some spicy peppers. Roll up your tortilla and place it on a plate. Put it in the microwave and set the microwave for 13 seconds and after it is done put it in for another 13 seconds.

When done grab, a napkin and enjoy. This is definitely better than a hard to make, gross meal. It's so easy any kid can make it!

How to kick a soccer ball

Have you ever wondered how to kick a soccer ball perfectly? Just follow some simple steps and you will be able to bomb your soccer ball down the block.

First get your soccer ball. Make sure your soccer ball has lots of air or else you will end up kicking a pancake. Next find a soccer field or any large field. Make sure you play on a grassy field. All you have to do is lay the soccer ball on the ground and make sure it is still. Plant your foot the direction you want the ball to go. This helps when you want to shoot or score a goal. Back up a few steps and then plant your foot next to the ball and bring your leg back and spring your leg forward. Don't lean back when you are done the kick. If you lean back after the kick you will lose your balance and fall. If you fall don't worry just get back up and try again. Remember keep trying. You will make it.

The most important part is to HAVE FUN! By following these short steps, you will have the perfect kick in no time.

By: Xian 1-4-13

Making a Snowman or Woman



By: Angelina L.

1/4/13

Are you feeling furious trying to construct your snowman? Are you tangled in materials? There is a simple and easy way to build a snowman!

First go outside and see if you have enough space and snow. You have to have sticky snow to make this, so icy or fluffy will not work as well. (The best kind of snow is the day after it snowed.) Now check for the following materials:

Old hat, old scarf, (Be prepared to lose these items), five buttons, yarn (If you want a woman you need lots of yarn.), two sticks, two pieces of coal or chocolate, and one carrot. You may have some color spray or food die too. (Optional)

Now make three balls out of the snow. One very large, the next a little smaller, and one smallest of all. Not too tiny because then you will not be able to fit some materials. (The best way to make a ball is to roll it around on the ground, and the snow ball will pick up more snow.) Stack them with the largest on the bottom and the smallest on top and pack them too.

After you have them stacked and packed, take out two pieces of coal or chocolate. Place them where you would like the eyes to be. (Try not to get too crazy with it.) Then put the hat and scarf as if a real man or woman is wearing it. Now where is that carrot? This is the snowman's nose. Make a good choice for where you want his nose. Be careful because you don't want his nose all the way on the last ball. If you have the yarn that is the mouth so you need to curve it. (Did you want a woman? Then you need lots of yarn for hair and put it on her head.)

After you are finished the face of the snowman, you can get started on the body. Jab two sticks on each side of the middle ball for arms. Last but not least, line the buttons down the two last balls. See, it looks like he is trying on a white coat. If you have food coloring or spray, then you can make a green coat, blue, pink, red, and so forth. In the end, you can add a sign that says who built it and more.

Don't be afraid to change him/her up a bit. Most people stick to the old school snowman, but if you had the color spray you are cool and original! Also, you might have a woman and that is really different. It's about time the snow people have equal rights. Have fun!

How to Swim

Freestyle

By: Ian

January 4 2013

Have you ever wanted to learn the freestyle stroke when swimming? Well with these easy steps you will be a famous swimmer in no time.

Before you learn this you most know how to float and tread water. When you know easy things you're ready to learn this stroke.

First of all carefully go into the warm water. Next, extend your arms outwards and cup your hands. Then move your arms left and right. During that keep your mouth closed (you might swallow some water) Next kick your feet left and right but kick just below the water. During that, rotate your head left and right every 2 or 3 strokes and take a breath. (Take short quick breath.) Keep your head straight until breathing. When you get to a wall push your feet off the side. Repeat these steps over and over.

You're ready to swim! If you follow these easy steps you will have the best freestyle stroke in town. Good Luck!

How to Make a Snowman 1/3/13

Do you want to make a better snowman than last year? Well then listen to the first step you first should find a big patch of snow which you use to make big snow balls.

You should make a medium snow ball for the chest and a small snow ball for the head and the big one on the bottom. Then if you want to you can put a shirt on which probably will be hard. Then put a scarf on the neck make sure the head doesn't fall off because that's happened to me. Get some sticks that are about the same size for the arms. You can't forget to put a carrot were you think the nose should be the carrot should be a big one that's used in meals. Then put some coal for the eyes and mouth.

Put a top hat on the snowman's head when your done return the hat back.

Then put a pipe in the snowman's mouth and sing Frosty the snowman. So enjoy your **Frosty the Snowman** 😊

BY: Bryce

How to Play Soccer

Are tired of getting fouled on in soccer. Well follow these simple rules and you'll be a star in a few weeks [maybe in a few months too]. This is one warning you could get injured. And stretch before you start.

Supplies

The first simple thing you need to do is to find people to play with you. Then go to the nearest soccer field [instead you could use your backyard]. Now get these easy materials. You'll need a soccer ball, soccer net [if you want one] bring a water bottle in case tired or thirsty. Do not wear new clothes you might get dirty. Now you're ready to play!

Positions

There are 3 easy positions the golly, defense, and offense. The golly defends the goal because the objective is to shoot the ball in the goal. The defense stays back and defends the golly. So the offense could go anywhere they also try to make goals. Those are the positions.

Teams

Wait wait not ready to play yet! First you pick the two captains. There's a fair and easy way the first two on the field are the captains that's the way I do it. Another way to do it is to do a race first two to win are the captains. Then the captains pick teams. Make sure the teams are even or at least close [like 9 vs. 8]. After that pick a golly for each team. When a goal is scored the ball has to go in the net switch

goalies. Every time a goal is scored switch the goalies the captains pick the goalies. If the player does not want to be the goalie do not force him to.

Rules

These are the rules. An important rule is you are not allowed to touch the ball with your hands. Any part from your shoulder to your nails ball can not touch you on any of those parts or it is a hand ball. If you do the other team gets to kick the ball from where it was touched, but if the ball is touched while it will be shot you shoot it again but from where it was touched this time. The only person who can touch the ball is the golly. You are allowed to hit the ball with your head. You have to hit where your hair meets your forehead. Lets go to another rule. If the ball goes out of the field it is out of bounds. The other team throws or kicks the ball in the field where it went out. When you're throwing it you have to put your hands over your head that's the rules in soccer. Another rule is if you hit anyone it is a penalty. They go up to a golly to get a free shot the ball has to be about five feet back, but again the golly could only touch the ball. One more thing don't argue with the ref. One rule is that the team with the most points wins the game kick the ball into the net to get a point.

Now you are ready to play soccer. Eat a lot of fruits and veggies. Fallow all these rules has you play, but remember it's not about winning it's about having fun. That's the most important rule have fun!

By Zaid 1/4/13

How to Make a Cheese Sandwich

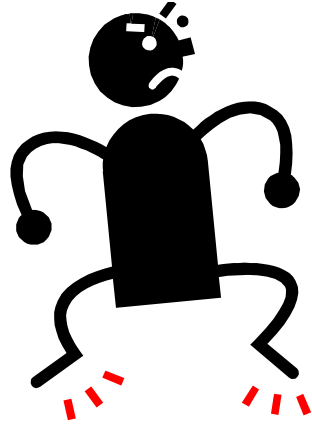
Are you tired of eating peanut butter sandwiches? Do you need a simple meal that you can eat on the go? If you follow these simple steps you'll have the best cheese sandwich in the world.

First you buy bread. Make sure you don't see any mold. It probably has to be sliced. Later get 2 pieces of bread out of the bag. You can pick any cheese you like, but you can slice or grate your own cheese. You can also use two or more types of cheese for an additional variety and flavor. Finally get 1 or 2 pieces of cheese put it in the bread and enjoy.

This process does not require parent supervision, unless you are going to cut the crust off. Then you need parent supervision to be sure you don't cut yourself!

If you follow these 6 simple steps you will have a extremely tasty cheese sandwich. It's easy to make and better than a plain old peanut butter sandwich.

By: Matt M. 1/4/13



Calm Down

By: Cindy Nguyen

Most of us have been through tough times, but you can make the wrong choices at the same time. Follow these steps before you do.

Let's say you are in a fight with someone, and you start to feel really angry. Have a good cry. Make sure you don't get too carried though. Sometimes it can make you panic and emotional even more so if that doesn't work do this.

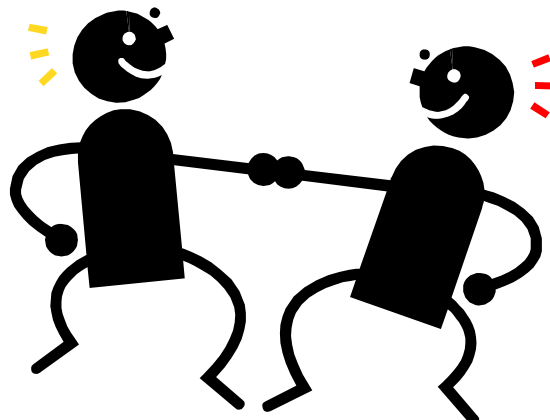
Go to a place where you can calm down and take some deep breaths. This will give you time to think about what you are going to do with no distractions. A tip would be that you

should think about good memories or visualize you are somewhere you always wanted to be.

After that, if you are still feeling a little mad watch a movie. If you'd like, get a drink and a snack. Listen to music. You can dance to it if you would like to. This usually makes you forget about your situation. These are great distractions.

When you are all calmed down, you may be ready to talk it out with your friend. Make sure that you have what you want to say in mind. Also, don't scream, have a bad attitude, or throw a fit. It usually makes it worse. You might even scare your friend.

I have been through situations like this and these steps helped me. Hopefully it will help you too.



How to calm yourself down when you are angry

Have you ever been mad at a friend or family members? Knowing strategies that can help you calm down will really make you feel better. Before you know it, you will feel relaxed and cool once again.

If you are at home and someone is making you mad go in your room and listen to music. You can even listen to song over and over again. You can even take a bear and sing to it. Just try to keep cool.

First, when you're done listening to music take a break for 10 minutes. Just sit and take a breath in then let it out. You can even do it over and over again. Just try to grab a snack to get your mind off of things. Just on taking breaks and breathing in and out.

Then, you call someone that makes you feel better. Try to talk to the person for an hour to get your mind off of things. When they have to go call someone else. If you're a little calm call your friend back.

Next, when you're done doing that lay down. If you're a little tired at that moment go to sleep for a little. Take a rest to get your mind off of things in your head. If you're not tired then go and vision someone or something.

After that, when your done laying down you can vision somewhere you want to go. You can go anywhere. You can go to Wildwood, Atlantic City ANYWHERE. You can even go to your grandmas or grandpas house. There is a lot of stuff you can go to.

Finally, when you're done calm and cool get outside your room and tell the person that you're mad at. But if they apologies to you then still say sorry. If it's your friend then go outside and say sorry. That is how you calm yourself down when you're angry at someone.

By,

Angelina R. 1/4/13

The Ultimate Sandwich

Do you hate your normal meals? Do you hate green food? well here`s tasty cheese melting sandwich. All you need are some ingredients. Let`s get started!

Here are the ingredients you need Swiss cheese, chicken, and whole wheat bread and butter. Obtain a frying pan of correct size for the number of sandwiches you can handle at a time. Spread butter on both sides of the bread. Then place the butter on the pan. Then put the butter on the bread.

Then put your sandwich on a plate turn off the stove and enjoy

(it`s healthy even without any vegetables)

Harshit 1/4/13

How to follow the RACE method

By Kruti

Do you have trouble writing an open- ended question? Need something to jazz your essay? Want to improve your writing skills? Well, say hello to the **RACE** method!

The R in the RACE method stands for restating the question. Readers may not know the question and have no idea what you are talking about. The reader should know the question just by reading your essay.

A and C in the RACE method go together. A stands for answer the question. C stands for cite the proof. Reread the story (if given) or research for information and facts. Then use that research to answer your open-ended question.

Finally, the last step is the E. E stands for your ending sentence. To make an ending sentence, take a few words from your beginning sentence which is the sentence where you restated the question, and make out an ending sentence and your done.

You have now followed all the steps to the RACE method.

Restate the question

Answer the question

Cite the proof

Ending sentence

If you use this writing advice get ready to see A+ on your report card.

How to Make Noodles

Kids are very picky eaters. However there is an affordable, easy to make, tasty solution to this. You just need an item from the grocery store and some supplies. Just follow these few easy steps, but please realize **this is high in sodium and should not be eaten daily.**

First, go to the grocery store, find squared noodle packets and buy them. They only cost about \$0.25. Second, go home and get permission to use a stove. Next, wash those germs down the drain.

Now get your supplies. You will need a stove, packet of noodles, scissors (optional), fork or chopstick, a decent-sized pot, a pot lid, a cup full of fresh water, and a bowl.

Afterwards put the pot on the stove. Make sure it works properly. Then, turn it to high. Put in the right amount of water. It will usually be 2 cups of water but not always. Check the packet to make sure you put in the right amount of water. Put on the lid, and wait for steam to appear. This usually takes 3-5 minutes. While you are waiting, open the packet and take out the flavoring. Sometimes cooking oil is available for additional flavoring.

After it starts steaming, dump the noodles, right amount of flavoring, and cooking oil in the pot **(flavoring and cooking oil are not recommended if you have health problems)**. If you don't like the taste of the flavoring and cooking oil you can flavor it using meats and vegetables. You may also add meats and vegetables if you want to make these noodles healthier. Then wait for it to become soft. To make it go faster, get a fork or chopstick and try to keep the noodle clump under the water. After it becomes soft, separate the clump of noodles using a fork or chopsticks until they surround the water. Then pour it in a bowl. If you can't pour it in, you may ask a grown up to help to ensure your safety. Lastly, it is time to

serve and devour. (You might need to wait for it to cool, and if you are impatient you can put it in a freezer for a few seconds)

How to Make a Salad

1/3/13

By: Fatima T.

Do you want a change in your dinner meal? Have a salad for dinner. It's easy and fun to make. Family and friends will enjoy it. It's very nutritious, have all vitamins, the kids need.

You need for this recipe is shredded cheese, salad dressing, grated carrots, last but not least, a large bowl. You need to wash your hands with soap and water. With your fingers tear the lettuce to tiny pieces. Make it bite-size, so you don't need a knife. After tearing the lettuce, put the lettuce, under cold water. Put the lettuce in the large bowl, at least halfway up the sides. Next, make a circle of cherry tomatoes, on top of the lettuce, make it enormous or small depending how much cherry tomatoes you have. Now sprinkle the shredded-up carrots and put them on the edge of the cherry tomato circle, it doesn't have to be thick. It's okay if the some carrots get in the cherry tomato circle.

Now sprinkle the grated cheese over the whole salad. Now add the salad dressing.

Bon appétit! You have made your very own salad! You can nuts, celery, raisins, or cucumbers to your salad! Now surprise your family or guests at the dinner table with salad!

How to Make Reindeer Food

By: Willa

January 10, 2013

Is it almost Christmas and you're in the holiday spirit? Today we're going to make some reindeer food! Rudolph and his friends love this nutritious treat! But before we start, this food is not for human consumption!

First, go to the store and get oats, chocolate chips, sprinkles or candy crystals and coconut. Now before you start wash your hands! Now your back get out the bowl and ingredients. Put the oats, chocolate chips, sprinkles, and coconut in separate bowls. Next, put the oats in a big bowl. Put 9 cups of oats in the bowl. (For each reindeer) Now put the chocolate chips in the bowl and mix it up. Take the sprinkles. Now mix it up just like the chocolate chips. Add the coconut. (Optional) Now stir it up with the oats, chocolate chips, and sprinkles in the big bowl.

Get out 9 clear plastic baggies, your reindeer food, and some red and/or green ribbon. (If you want to have some fun, add some jingle bells!) Put the reindeer food in each one of the small plastic baggies. Put ½ cups of the food. (It depends on how much you have made.) After you're done doing that, take a red and/or green ribbon and tie a bow around the top to conceal the freshness of the food. When you're done, you should have 9 bags filled with the food. Now that you're done making the reindeer food, make some personalized labels for Santa's furry friends! If you make them put them on the red and green ties. Now to write a letter to Santa! (Just to make sure he doesn't eat any!) Now just leave out the reindeer food and some carrots! (Don't forget the water!)

Congratulations! You have successfully made reindeer food!

How to Tackle

Do you consider yourself a good tackler? With these simple steps, you can improve your tackling skills. To be the best tackler you can be, go see the tackling master.

Listening to the coach is important for learning how to tackle and be safe. It is now illegal ram your helmet into your opponent when tackling. This was causing too many concussions. Changing a few steps will keep you safe.

Listen closely people! The first step is you have to get low and put your shoulder into your opponent's knees. The next step is you have wrap your hands around his legs. Using your muscles, pick him up and put him to the ground. Your helmets should have never touched!

No that you are done tackling safely, do the FLEX dance! Celebrate your great tackles, win,

and most importantly, that no one got hurt. Go
Garnetts!

By: Tavion

12-20-12

Bringing Brownies to the Next Level

By: Bella 1/4/13

Are you tired of those old fashion brownies? Well now there's a way to dress up those brownies. Just follow these simple steps and you will be good to go.

Let's get started. First, let's go to the store. Find the aisle that has the brownie mix. Then, comes the hard part you will have to pick what brownie mix that is right for you. It will be hard. A little tip is that it doesn't matter if it is 20 dollars or 20 cents it will be just as good. After you pick your brownie mix it is time to go to the dairy section. There you will pick eggs and milk. Then let's make our way to the candy/sweets section. There you will pick up chocolate chips and the marshmallows. Before you go to the checkout you have to make your way to the condiments section. Your last material is the oil. Now let's go to the checkout.

Now that you are home, wash your hands and the table that you are working on. Place the food down on the table. Now just follow the box for the rest like preheating the oven. Grease the pan and pour the batter into the greased pan. Put the pan into the oven. 15 minutes in to the cooking process put three quarters of the bag of chocolate chips on the

brownies but just sprinkled on the top. Also put the marshmallows in too but put half the bag on the top. To make it good and scrunches. When they are done cooking take them out of the oven and that them sit and cool. Now that they are good to go. Get a spatula and spread the chocolate chips and the marshmallows around. Finally you can get a knife and cut them into small pieces to your liking.

Now sit back and relax and enjoy that delicious brownie that you will love. You will be show of now, but don't take all the credit.

Are you tired of always missing the net? Do you want to shoot a basketball successfully? With a couple of easy steps, it can be as simple as pie.

First, you need a basketball and you most certainly need a net. Then you need to go to the side of the net. Next, you bend down and shoot at the net. Afterwards, you hold the ball tightly with all fingers. immediately following, let the ball roll off the tips of your fingers.

If you miss just keep tiring and you'll get it right.

Enjoy shooting the ball at the net. Hope you learned how to shoot a basketball.

By: Joey

How to Make Noodles

Kids are very picky eaters. However there is an affordable, easy to make, tasty solution to this. You just need an item from the grocery store and some supplies. Just follow these few easy steps, but please realize **this is high in sodium and should not be eaten daily.**

First, go to the grocery store, find squared noodle packets and buy them. They only cost about \$0.25. Second, go home and get permission to use a stove. Next, wash those germs down the drain.

Now get your supplies. You will need a stove, packet of noodles, scissors (optional), fork or chopstick, a decent-sized pot, a pot lid, a cup full of fresh water, and a bowl.

Afterwards put the pot on the stove. Make sure it works properly. Then, turn it to high. Put in the right amount of water. It will usually be 2 cups of water but not always. Check the packet to make sure you put in the right amount of water. Put on the lid, and wait for steam to appear. This usually takes 3-5 minutes. While you are waiting, open the packet and take out the flavoring.

Sometimes cooking oil is available for additional flavoring.

After it starts steaming, dump the noodles, right amount of flavoring, and cooking oil in the pot (**flavoring and cooking oil are not recommended if you have health problems**). If you don't like the taste of the flavoring and cooking oil you can flavor it using meats and vegetables. You may also add meats and vegetables if you want to make these noodles healthier. Then wait for it to become soft. To make it go faster, get a fork or chopstick and try to keep the noodle clump under the water. After it becomes soft, separate the clump of noodles using a fork or chopsticks until they surround the water. Then pour it in a bowl. If you can't pour it in, you may ask a grown up to help to ensure your safety. Lastly, it is time to serve and devour. (You might need to wait for it to cool, and if you are impatient you can put it in a freezer for a few seconds)

These noodles taste good and are good meals or snacks for picky eaters and there's a guide that shows you how to make them right in front of you. So buy them make them and eat them.

By: Madison

How To Use The RACE method

Are you a struggling writer when it comes to open-ended responses? Are you a student who wants to improve? Just follow these easy steps, and it's time to say hello to the RACE method!

The RACE method is a helpful acronym that assists you in open ended questions. The RACE method can help you write a great short response. Each letter stands for something that will make your writing more sophisticated.

When there is an open ended question, the first step to the RACE method is the R. The R is restate the question. For example if the question " why did the kids want a new playground? You could say", there could be a lot of reasons that the kids wanted a new play ground".

In the RACE method the second step is to answer the question. One example is that," the kids wanted a new play ground because the one they had was old and rusty".

The next step to the RACE method is to cite the proof. To cite the proof you need to go back in the story and find evidence in the text. In the RACE method cite the proof and answer the question go together because in order to answer the question you need to cite the proof.

The last step in the RACE method is to write an ending sentence. An example of an ending sentence, is that is just one of the many reasons all the kids wanted a new play ground.

You should use the RACE method when you need to write an open ended question response. If you use the RACE method when you write an open ended question it will jazz up your writing and make it sound more sophisticated. Remember the RACE method.

By: Peter 1/4/13

How to dress up properly and ice skate

Eric 1/4/13

Don't be trapped indoors all winter. Follow these instructions to ice skate and still be warm and cuddly. Well follow these steps to do it.

First find an appropriate time to venture to the nearest ice skating rink. Next, dress in warm clothes like: long sleeves and sweatpants to allow more movement and comfort, a hat that covers head and ears, and a heavy winter jacket. Then if you don't have skates, ask for some money to rent some skates.

When you are there, rent your skates and head to the rink. If you don't feel comfortable, use a cone or walker. This will help you with balance, and you will gain more confidence.

Once you are balanced and steady on your feet, it is time learn the basics. First stand with your heels together and your toes pointed out. It should form a V formation. You might want to hold onto the sidewalls at first. Bending the knees, push off the side with one foot, but keep the other pointed. Then repeat the process alternating feet again and again and skate in a straight line.

Make sure you skate with the direction of other skaters to avoid a collision. If you do fall, don't be discouraged and try again. Hopefully this will be a better solution and good luck.

How to Perform Basic Skills in Karate

1-4-13

By: Olivia Findley

Have you ever wanted to know how to do basic karate skills? Well now you can learn from these four simple steps.

First, when you enter the dojo (this a Japanese term for a formal training place), you say tiquan what means you're ready to kick, and punch Bow to your partner or teacher standing with your feet slightly apart. You should wait for the teacher, or sensei. Karate etiquette is most basic skill that all beginners must acquire.

Step 2, stand with your feet shoulder length so you can make the best karate punch ever. You want to be balanced not unbalanced. To do a punch you're going to have to take your right leg and put it behind you. You are going to have a great punch.

Step 3, to make a good kick you still need your right leg back or your left leg back. You take your back leg and bring it up and kick it up as high as you can. When you do the other way you just do it the same way as you did it as the other leg.

Step 4, when you do karate you also do forms. Forms are all these punches, and kicks. There are all different kinds of names of the forms like (Key Chong ill Boo A) and (Key Chong ill Boo B).The first time you do the forms you won't be the best at the form you'll be shaky.

So now you know all the steps in karate. Now all you have to do is try karate if you want to. Just follow these simple steps and you'll do great in karate.

The Perfect cake

Sebastian
1/3/2013



Are you tired of plain old deserts, I can show you how to make a boxed cake with only a little bit of ingredients.

Ingredients are eggs, icing, powder, flour, oven, bowl, mixer, forks, spoons, knives, toppings and milk. You can use butter or oil to grease your pan.

When you are going to put in the pan make shore that you have a clean pan. You also should know that when you put it in you need to put it in the middle of the oven.

When you take it out of the pan you need to let it sit for 20 to 25 minutes to let it cool off.

Time for the icing, now take your knives, spoons and, forks. If you decide to use your fork you should do it very gently. You should do it gentle with all three of those utensils but, you should go most gentle with your fork.

Now you can take out the icing and smear it on the cake. If you have put the icing all over the cake you are going to want to go over it so that if it falls off you still have some on your cake.

Once you are ready to put on your toppings you can put on all of the toppings that you want. Jimmies, cream, ice cream, chocolate, Hershey Kisses, and peanuts.

That is how you make a perfect cake!!!

How to Make and Prepare for a Presentation

By: Anastasia

The world is going to end, help I have to make a presentation! If your struggling with any presentation and feeling like you are going to blow up and devour into pieces, you should start reading this right away.

At first, to make a presentation, you need to know your topic very well. Before starting to write, become an expert on your subject matter by researching information. The needed source may be in a library or on the internet. Be sure to include facts that will be interesting and useful.

Talk on the level of the audience, meaning if you are speaking to kindergarten, don't use complicated words. If a new word is introduced, tell the meaning.

While you are talking, you could include diagrams or pictures that coincide with the content of your presentation. Plan what you are going to say, and when to show slides. A smooth transition is important, so you don't have any awkward stops or sound jumpy on topics. Keep it exiting but simple. Practice your presentation in front of your family, cats, or stuffed animals. It is even better to practice with a distraction. Expect to hear your trembling voice and shaking body as if you interfered with a bear. To prevent this unpleasant feeling imagine you

are presenting to stuffed animals in your house. Be ready to answer any question.

I hope these suggestions lead you to success. Presenting a presentation can be nerve racking, but if you stay determined and commit to these helpful steps, you will be successful.

1/3/13

By: Jack

How to Make Scrambled Eggs

Are you bored of cereal or toast for breakfast? Would you want something mouthwatering and new? How about scrambled eggs! The only things you need are time, ingredients, and parent supervision.

The ingredients are: two eggs, half a cup of milk, salt, pepper, butter, a spatula, and a whisk or fork. (Break two eggs for each person.)

Add your milk, and whisk it! It is important to add the milk because if you don't, your eggs will turn out either tough

or maybe even rubbery. Fetch a pan that's small (if you're cooking two eggs) cut of a sliver of butter, drop it in your pan, set the oven top on low, (you can use a paper towel, but if you're don't touch the flame, or just simply just tilt the pan) use your knife to steer your butter all around the pan.

Once your butter's melted, gently pour your mix in. Have a spatula at hand, and then let the eggs cook. Then scrape the cooked egg from the bottom and sides of the pan. As quickly as you can get a plate (but still be careful!) place it next to stove. Flip your egg twice.

Put your egg on the plate and add salt with pepper (optional). If you want it to be an awesome treat, add cheese!

**Make sure you have an adult with you.
You could get burnt or injured.**