

Sunscreen

Many skin cancers are due to sun exposure, and even with sunscreen sales approaching 1 billion dollars a year, skin cancer continues to spread. Diagnoses have risen almost 2% a year since 2000 and appear more in young, pale women. Experts say that the reason is due to the inappropriate use of sunscreen. Many people do not put on enough sunscreen (a golf ball-size amount) and do not reapply it every two hours as they are supposed to. Until recently, many sunscreens with a sun protection factor, or SPF, were designed to block Ultraviolet B rays (UVB). Ultraviolet B rays are the main cause of sunburn, but regular sunscreen does not block out Ultraviolet A rays (UVA). Ultraviolet A rays are connected with aging and skin damage and some experts think that it may also be connected with skin cancer. Experts are advising people to limit the amount of time they spend in the sun and protect their skin by wearing hats, shirts, and cover-ups instead of just using sunblock.

Sunscreen is not a complete defense against sunburn, it is only one of the agents that protect against UV radiation. Last summer, sunscreen manufacturers had to adjust to the new Food and Drug Administration. "Broad spectrum protection" now means that sunscreen has been proven to protect against both UVA and UVB rays, even though the UVA protection might be weaker. Products with less than 5 SPF require a label warning users that it will not protect against skin cancer. Also, products may not state that they are waterproof, but instead water-resistant. Sunscreen bottles must display the time limit that the sunscreen becomes ineffective. F.D.A. officials are debating whether or not to keep sunscreens with more than 50 SPF on shelves. They're unsure of the effectiveness of sunscreens with a higher SPF because consumers may not apply them as often. Though, capping the SPF values and banning sprays may not work as well to prevent sunburn.

There are many things you should keep in mind when choosing your sunscreen. For example, look for sunscreens with a SPF between 15 and 50 that have the label "broad spectrum protection". This means that the sunscreen protects against UVA and UVB rays. Children under 6 months should not use sunscreen, instead cover them completely and keep them in the shade; children's skin is very sensitive. Avoid sunscreen sprays; experts think that the lungs inhale more sunscreen than actually covering the skin. Try to keep in shaded areas when the sun is its harshest, from 10 a.m. to 2 p.m. Bad sunburns during childhood, doubles the risk of melanoma later in life. Products with Vitamin A, Retinol, or derivatives, such as Retinyl Palminate and Retinyl Acetate should be avoided. These additives might increase sun sensitivity. They might increase the possibility of sunburn for up to a week. Oxybenzone, a chemical that can disturb hormones, can be found in some sunscreens. Instead use products with Zinc Oxide and Titanium Dioxide as active ingredients. Finally, look for fragrance-free products. Scents have unnecessary chemicals and allergens that are added to the sunscreen. With summer coming up, be aware of your sunscreen!

By: Bryan Hwang

Recipes

Simple Summer Smoothie



Ingredients:

- 1 banana
- 1 cup of frozen strawberries
- 1 cup of frozen blueberries
- 1 cup of frozen cherries
- 4 ice cubes
- ½ cup of orange juice
- ¾ cup of vanilla yogurt
- ½ teaspoon of honey

Directions:

1. Place the strawberries, blueberries, cherries, and ice cubes in a blender.
2. Pour in the orange juice, vanilla yogurt, and honey.
3. Puree until smooth.

Interview

Mrs. Cisneros

Q: What subjects do you teach at Adams?

A: I teach 7th and 8th grade Language Arts.

Q: So you teach only one 7th grade class, and the rest 8th. If you could, would you like to teach more 7th grade classes? Why or why not?

A: I would actually like to teach equal amounts of both 7th and 8th grade classes because I really enjoy the stories they both read.

Q: What do you like about being a teacher?

A: I like watching my students succeed and making great goals.

Q: Have you always wanted to teach Language Arts?

A: I have, but I wouldn't mind teaching math.

Q: What type of teacher do you think you are?

A: I think of myself as strict and stern, but I am very understanding and fun.

Q: What is your opinion on coffee?

A: "It is the nectar of the gods."

By: Rukhaa Kamran and Erika Zlatkin



Mrs. Cisneros

Here is an old throwback game for summer. You can do this on long car rides or when you're bored at home with a friend. It goes a little like this (Say the following aloud, don't say what's in parenthesis)

Going on a treasure hunt, X marks the spot (draw an X on the persons back), four big boulders (pound each corner of the persons back), one tiny dot (poke them in the middle of their back), spiders crawling up your back they bite ya, they bite ya (tap your fingers all the way up their back and pinch each side of their neck), spiders crawling up your back they bite ya, they bite ya, blood rushing down, blood rushing down (sway your fingers down the persons back), crack an egg on your head (put a fist on the person's head, then hit your fist with your other fist and drag your fingers down their head), let the yolk rush down, let the yolk rush down (sway your hands down the persons back), crack an egg on your head, let the yolk rush down, let the yolk rush down, stab a knife in your back (pound or punch the center of their back) let the blood rush down, let the blood rush down, stab a knife in your back let the blood rush down, let the blood rush down, snakes crawling up your back (use your hand like a snake going up their back) they bite ya they bite ya, snakes crawling up your back they bite ya, they bite ya, blood rushing down, blood rushing down. Tight squeeze (pinch each side of their neck) cool breeze (blow on the back of their neck), now you got the [chills](#).

Top 25 things to do this summer

1. Have a paint fight with your friends.
2. Go indoor skydiving.
3. Go to an amusement park.
4. Meet new people.
5. Go out of the country.
6. Try out a new restaurant.
7. Have an all nighter.
8. Have a slumber party with your friends.
9. Have a water fight.
10. Take an art class.
11. Have a movie night.
12. Start a new trend.
13. Start a youtube channel.
14. Go to a concert of your favorite artist.
15. Go on a backyard camping trip.
16. Have a campfire.
17. Do "parkour" to impress your friends.
18. Go to the beach.
19. Read a whole series of books.
20. Watch every Disney Movie.
21. Record your first original song.
22. Make your own movie.
23. Start a blog on something that interests you.
24. Learn a new language.
25. Give yourself a brand new hairstyle.



Quotes of the Month

"Life is really simple, but we insist on making it complicated."
-Confucius

"All dreams can come true, if we have the courage to pursue them."
-Walt Disney

"By failing to prepare, you are preparing to fail."
-Benjamin Franklin

Tongue Twisters

There was a fisherman named Fisher who fished for some fish in a fissure, till a fish with a grin pulled the fisherman in. Now they're fishing the fissure for Fisher.

Peter Piper picked a peck of pickled peppers.
A peck of pickled peppers Peter Piper picked.
If Peter Piper picked a peck of pickled peppers,
Where's the peck of pickled peppers Peter Piper picked?

Jokes/ Riddles

Something different to show every week, but I'm still the same place.

If you're eating, it's probably better than you taste.

What am I?

A movie theater

What can you catch but not throw?

A cold

Give me food, and I will live; give me water, and I will die.

What am I?

Fire

What goes around the world but stays in a corner?

A stamp

Did You Know?

8% of all humans have an extra rib.

The Hawaiian Alphabet has 12 letters.

The longest flight of a chicken was 13 seconds.

Goldfish can see both infrared and ultraviolet light.

8th Grade Events

All of the 8th graders are looking forward to this year's promotion. To celebrate the promotion, many events are taking place for the 8th graders. One of the most recent events was the RUHS field day. Students visited Redondo Union and tried three different sports of their choice. The following is an interview from an 8th graders point of view.

Student Interview held by Journalist Trinity Raiford with 8th grader Alejandra Siguenza before event. (May 19th 2014)

Q-Are you excited to check out your new school at RUHS for field day?

A-Yes, I'm actually looking forward to doing all the activities that we can do in high school.

Q-What sports did you sign up for, for field day?

A-I signed up for tennis, track, and cheer.

The 8th grade promotion dance is an exciting time for us. They get to dress to impress, dance the night away, and eat delicious foods. Last year the dance was Bollywood themed, and the committees were very creative with it. This year's theme is *So.Cal Starry Night*.

Q-If you could pick a theme for the dance, what would it be?

A-I would pick a Hawaiian luau theme.

Q-Are you going to the 8th grade dance, if so are you looking forward to it?

A-Yes, I'm going to the dance and I'm really looking forward to it, because it is the final school dance only for the 8th graders. It's pretty cool.

In celebration of the promotion of the Class of 2014, they are taking a trip to Seaside Lagoon. They will get to eat, swim, and hang with friends. This trip is probably the most appealing event for the 8th graders.

Q- How do you feel about taking this trip to Seaside Lagoon?

A-I feel like it's going to be pretty cool to hang with friends and kick back.

All of the 8th graders know they are going to high school next year but they are really excited and shocked that this year seemed to go by so quickly and now they are ready for this new chapter in their lives. With this upcoming promotion at RUHS, they are scrambling to get their grades in order, and find their outfits for the lively day.

Q- Are you looking forward to the 8th grade promotion? What part are you most excited about?

A-I'm so glad to finally be promoting and going to high school, so I'm definitely looking forward to the promotion. I'm most excited about moving on to high school, I'm so ready.

By Trinity Raiford

Corny Pickup Lines

I was so distracted by your beauty that I walked into that wall over there. So I'm afraid I'm going to need to get your name and phone number for insurance purposes.

I know I don't have my library card with me, but is it okay if I check you out?

If an angel gave me a star every time you brightened my day, I'd have an entire galaxy in my hand.

Dr. Phil says I have a problem with commitment...Would you like to help me prove him wrong?

Dear Adam

Dear Adam,

I'm an 8th grader and I don't know what to do! I figured that I could mess around at the end of the year because I'm going off to high school soon anyway, but then my advisement teacher told me that eighth graders with bad grades and poor citizenship don't get to promote with the rest of their class mates. Now I'm afraid I won't graduate with my friends. I feel like I should get a tutor, but I think my friends will judge me. I need you to tell me how to raise my grades and citizenship so I can graduate.

Sincerely,
Anonymous

Dear Anonymous,

You're in a pretty tough situation. I get that you don't want your friends to judge you, but true friends won't. There's no shame in getting a tutor if you really think it will help. For your problem with poor citizenship I would simply try not talking as much, and trying to behave well in all of your classes. In the end, only you can make a difference.

Good luck!

Sincerely,
Adam

Birthdays/Horoscopes

June 1- Morgan Freeman
June 7- Iggy Azalea
June 12- Dave Franco
June 21- Rebecca Black
June 26- Ariana Grande

July 2- Ashley Tisdale
July 10- Sofia Vergara
July 11- David Henrie
July 14- Jane Lynch
July 22- Selena Gomez
July 23- Daniel Radcliffe

June

Mentally astute, rather brilliant, vivacious, enthusiastic, cheerful, tactful, versatile, diplomatic and witty – the Gemini thrive on communication. They are excellent at social situations, and rarely possess any social awkwardness. On the flip side, the Gemini may exhibit a dualism of sorts; they may also be lazy and untidy, with a marked tendency to prevaricate.

July

You always behave well around your teacher, but how well do you act when you are around your classmates? You should definitely avoid getting involved in any idle school gossip. Steer clear of people who just love to complain but hate to offer suggestions on how to make things better. Changing your tune is easy when you realize that a better attitude equals a better learning environment.

Natural Beauty: When you're out and about, the last thing you want to think about is fixing your makeup. We recommend keeping your makeup simple and light. A natural look will keep you looking fresh and stylish. Go for a bit of concealer, some waterproof mascara, and a coral-peach lip balm with SPF.

SPF: Having nice skin is trendy all year round, but to achieve this look you need to stay protected from the sun's harmful rays. We recommend at least 40 SPF in your daily moisturizer or sunscreen to keep you from frying while basking by the water. To learn more about sunscreens, please read the article on page 1.

Quick Tip: Skip the hours of tanning outdoors and go for a spray or self-tanner to eliminate the risk of skin cancer and moles.

Cute Sunnies: Every girl needs a "go to" pair of sunglasses to revamp any outfit and bonus, they protect your eyes! We've been loving the heart-shaped style, but there is such a large variety of shapes, colors, and prints, that you're sure to find a pair of glam glasses for you.

Summer Playlist: Whether you're chilling by the pool, or jamming out at a beach party that perfect moment can only be achieved with the perfect song. Some of our faves include "Ain't it Fun", by Paramore, "Problem", by Ariana Grande and Iggy Azalea, and just about every song by Sam Smith, Disclosure, and One Republic.

High-Waisted Shorts: This cute staple piece is essential for your perfect summer outfit. They pair nicely with crop tops, bandeaus or even just a bikini top! From slightly distressed to the ultimate vintage pair, these shorts will keep you strutting your stuff with confidence, your best accessory.

Sassy Swimwear: Picking out a bathing suit is all about style and comfort. You're the only person that can decide what you like, so play around with different styles and shapes. Check out stores like TILLY's, Aeropostale, Forever 21, and Target to find something that suits you.

Fresh Food: Everyone wants a bikini-ready body for the summer, but all of those unhealthy food choices can be pretty tempting. There is such a large variety of easy to make, delicious, and nutritious food options out there. Things like wheat veggie pasta, pita bread pizza, organic fruit smoothies, or even a fruit salad will fill you up and keep you looking great. Check out www.EatYourselfSkinny.com for recipes like the pita pizza.

Surveys

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