

VALENCIA BAY-FARER



Written by students. Read by all.

Free to kids

27 Acres of Pie

by Luis Arriaga-Lucero, age 10

Stop! Wait! Do you know where the strawberries in that pie came from? Did they come from a local farm, or did they come on a truck from 1,000 miles away? Was it a truck that used a lot of petroleum and polluted the environment? Were chemicals used to raise them? Nancy Vail, Jered Lawson, and Karen Heisler are the owners of Pie Ranch, an example of a small, local, not-for-profit educational farm in Pescadero, California.

Nancy and Jered met at the Ecological Farming Conference in 2000. They started looking for a place where they could have a small farm together. They found the land and then Karen proposed that they buy the farm together. They all thought it important that people know where the food they eat comes from. They wanted an educational farm where people of all ages could learn where their food comes from, and how to be sustainable. They wanted to create a community.

SustainableTable.org defines sustainable agriculture as “a way of raising food that is healthy for consumers and animals, does not harm the environment, is humane for workers, respects animals, provides a fair wage to the farmer, and supports and enhances rural communities.” Local and organic farms are good for the environment because trucks don’t need to



drive far to deliver food to the stores. The food is healthier because it is fresher and not sprayed with pesticides. That is good for workers, animals, and the land.

Their first spring crops were harvested in the spring of 2005. The first group of students from San Francisco’s Mission High School came that year to learn where their food came from. Students from Mission High School and other bay area high schools continue to come once a month to work at Pie Ranch. Some of the activities they participate in are planting, weeding,

harvest, composting, gathering eggs, and making pies.

Pie Ranch got its name from the shape of the farm, two triangle pie shapes that meet together like an

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...and Much More!

Snow Sculpture and Snow

by Rosalyn Wang, age 9

Snow is fun to play with, even though it is cold. Snow is made out of water and you can make sculptures with it. All snowflakes look different. China uses snow to make sculptures. Houses can be made out of snow and you can go into them. Snow can slow down a moving train. The snowflake is beautiful like diamonds. Snow melts in the sun when it is sunny. When the sun is shining



and there is snow, the snow shines like the sun. Snow can be found in China during winter. It takes a long time to make sculptures. The most famous snow sculptures are in Quebec City, in Quebec.

Project Runway: a New Fad Across the World

by Iris Morrell, age 9

Project Runway is a reality TV show that showcases fashion designers and their hard work. Many people come in, but only 12 are accepted to actually be on the show. Even after that, all but three people are eliminated.

The show lets you get deep into what fashion designers are actually like, and how tough or easy their work is. Some of them are rich and not that good, some are poor and amazingly talented, and some are just a mixture of both.

The stress that is put on all of these designers is amazing, and must be extremely hard to go through. Sunny Fong, a designer on *Project Runway*—who was in the final three and working on his final line of clothes—said, “If I don’t win, I’m going to call it quits with fashion.” Then, thankfully, Sunny Fong did

win *Project Runway Canada*. Another finalist on *Project Runway Canada* that same season, Jessica Biffi, said this:

“Fashion can be a very crazy and rough industry. But it is something that I love, and have always had a passion for. If you are at all interested in learning the skills you need to nurture that talent, then try. You never know what you can do unless you try. Most of the things that I have accomplished in my life have been from trying because ‘what else do I have to lose?’ And in most cases you learn a lot about yourself, your skills and your drive.”

In reading this, I thought it was inspiring, and it made me want to write this article. Another thing about *Project Runway* that is truly amazing is the people who are on



it. On *Project Runway*, Heidi Klum hosts and Tim Gunn mentors. On *Project Runway Canada*, Iman hosts and Brian Baylor mentors.

Now don’t get me wrong, there is *Project Runway* all over the world. There is *Project Runway UK*, *Project Runway Italia*, etc. etc. I haven’t seen any of the episodes of other *Project Runways* except for *Project Runway* and *Project Runway Canada*.

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SpongeBob SquarePants and Pac-Man

by Isabelle Calderon, *age 8*

Pac-Man and SpongeBob SquarePants are very cool, but which is cooler? Pac-Man had four ghosts named Blinky, Pinky, Inky, and Clyde. Blinky is red, Pinky is pink, Inky is orange, and Clyde is cyan. I think Spongebob is seventeen years old because he goes to boating school. Like Pac-Man, SpongeBob is animated. SpongeBob and Pac-Man are both fun to play and fun to watch.

Recently, SpongeBob SquarePants was in his own movie. It was a big hit. When I asked Claire Lin what she thought about SpongeBob she said, "SpongeBob is so crazy! He lives in a pineapple!" I heard that Pac-Man will have a movie sooner or later, but what will the movie look like, and what will it be rated? According to Crystal Sky Pictures, they are currently producing a celluloid film titled Pac-Man.

I took a survey to find out who people think is cooler and...SpongeBob won! When asked what their favorite episode was, one poll-participant replied, "Hall Monitor! Especially when SpongeBob said, 'Classmates, I would not have had this opportunity if it wasn't for Mrs. Puff!' I'm so happy that SpongeBob won."



A Day in the Life of a Monkey

by Roland Wang, *age 9*

There are a lot of kinds of monkeys, and you should know something about them. If you don't, you should read this article about them. I want to tell you about a typical day for a monkey. In the morning, a monkey in a rainforest was looking for food to eat for his breakfast. He found some leaves and flowers and put them in his mouth. After that, he went to have a little fun. He found a good tree to play in, and started to climb, jump, and swing around. Then, when he was trying to jump across a stream, he fell in the water! Afraid that he might drown, he pulled on a broken branch toward the shore. At about 11:30 am,



he started to become hungry, so he went near a mud puddle, hoping to catch some insects. As he came near the end of the day he returned to his parents. As he got ready to sleep, he ate fruits. Finally, the day was over.

Making Mummies

by Hatuey Hernandez, *age 8*

Do you know how Egyptians mummified people or who was mummified? Or even why they were mummified? Well, you are about to find out! Mummification is a carefully planned and detailed process.

First, they took out the brain; then they cut between the waist and the stomach. They then removed the intestines, stomach, liver, and lungs. At this point, they packed the body with natron. Natron is an old Egyptian salt. It took 40 days for the body to dry. Once the body was dry, they removed the natron from the corpse. Then they stuffed him with linen. They painted the body with a resin. The resin protected and hardened the skin. They wrapped the body with linen and they then put amulets on the body. It



was then wrapped in linen again. They put the mask on the mummy's face and they put the mummy in its case. The case was then put into the sarcophagus, and there you have it, it's a mummy!

Who was mummified? Well, I interviewed Jill Lynch. She told me that mostly everyone in Egypt was mummified. The common person's

sarcophagus was made of cartonnage. Important people used stone and very important people, like pharaohs and kings, used gold. In fact, Jill got to see a recent discovery of 30 mummies in a tomb.

In that thirty, there was a family of four with its mummified dog. Wow, they actually did mummify everyone! It was common to mummify your pet, especially cats, because they were sacred. Other animals that were mummified were dogs and alligators. Now you know all about mummification in Ancient Egypt.

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hourglass. They use sustainable and organic methods on their farm to grow strawberries, raspberries, blackberries, lallaberries, apples, lemons, limes, mandarins, vegetables, and wheat. They also have chickens for eggs and goats and a cow for milk and butter.

Nancy and Jered live on the farm with their two children in a yurt. They get their electricity through their neighbor’s system, which is tied into the grid, but they have some solar panels that provide some percentage of the overall neighborhood’s electricity needs. They have movable electric fences powered by solar panels for the animals. Pie Ranch provides some of the fruits and vegetables for San Francisco’s Mission Pie, which is co-owned by Karen Heisler and Krystin Rubin. Mission Pie and Pie Ranch work well together. Karen says that Mission Pie’s goals “are to help city people understand more about where good healthy food comes from. To this end, we tell our customers about the farms and farmers that grow the food we make

pies from. Sometimes I say we serve up pie with a side of education. It’s fun to make people happy in their tummies as well as in their heads and hearts at the same time.

“Another goal is to help farms thrive. One of the ways we can help is to buy produce directly from farms, and in that way we are a reliable customer to them. They earn a bit more money and have a bit less stress about getting product to market. This works best if we have ongoing conversations about how to meet their needs and ours at the same time. This kind of business relationship is often more joyful, too. We do this with Pie Ranch and with several other small to mid-sized farms.

“A third and important part of Mission Pie is being a good work environment for all our staff. We have a lot of young people who work or intern at Mission Pie. Some of these young folks are high school students in Pie Ranch programs. We are committed to the belief that everybody is entitled to have a good relationship with work, and we believe it’s really important for

young people to start off well in work. The world of restaurant work is pretty hard, physically and on the spirit. It is demanding and high pressure. We want our staff to grow a sense of competence, good mental health, endurance, and balance of spirit. We want people to have a chance to love work. We put a lot of energy into this goal because we know our staff will go on to do great things in other places and can help build this commitment to fairness and love of work wherever they go.”

If you want to visit Pie Ranch, they have a community work day the third Saturday of every month from 2:00 pm until 6:00 pm. All you need to bring is yourself, friends, a hat, some water, and food for the potluck that follows. After the potluck, they host a barn dance, and you don’t need experience. It’s a lot of fun and good for all ages! The farmstand is located at 2080 Cabrillo Highway and is open weekends from 12–6pm. You can buy eggs from the farm and pie and pastries from Mission Pie. Go visit and eat more pie!

Bloody Tug-of-War in Georgia with South Ossetia as Rope

by Albert Liu, age 9

Is South Ossetia going to be pulled apart by war? By bombs, grenades, and submachine guns? In April of 2008, NATO invited Georgia, formerly part of the Soviet Union, to join the alliance. This angered the Russian Federation.

As a result, the Russians joined the cause of South Ossetians wishing for independence. The Russian airforce started bombing raids while Russian troops

poured over the border. Terrified Georgian citizens testified that Russian fighter jets flew past the borders. Georgia had previously carried several ground attacks on South Ossetia on August 7, 2008.

Is the U.S. somehow responsible? “Russia’s army brought large numbers of irregulars and mercenaries. They go around drunk, aggressive, and armed and do all these atrocities,” announced Georgian president Mikhail Saakashvili on August 17, 2008. Russia blames the U.S. for inviting Georgia into NATO since Russia opposes NATO, which they see as part of the Cold War between the U.S. and the old U.S.S.R.

“U.S. administration policy is selfish



and makes dumb choices,” Russian president Dmitry Medvedev is thought to have said. He may have said this because the U.S. invited Georgia to join NATO when Russia is right across the border. The Georgian president said he believed 500 tanks and 25,000 troops belonging to the Russians were in Georgia. It was a loss for Georgia, but still some Georgians blame U.S. foreign policy.

King of Meats

by Cera Paran, *age 10*



There are many meats, but one stands out. Coming from the German word buttock, it's bacon!

Bacon comes from the back and shoulder of a pig. According to thedailyplate.com, it contains 8.89 grams of fat, 15.49 milligrams of cholesterol, and 5.52 grams of proteins. Even though it's high in fat and cholesterol, it contains protein. According to Bud Teasley, salumiere,

it provides vital cholesterol and linoleum acids, which are good for skin and cell function.

Some people love bacon so much they have been inspired to make it a flavor. Udder Delight in Rehobotha Beach, Delaware, sells bacon flavored ice cream. Udder Delight won World Series of Ice Cream in 2004. Dynamo Donuts in San Francisco, California sells donuts with bacon bits sprinkled

on the top. Wikipedia says "bacon is our national meat."

Yesbutnobuty.com is also famous for its long list of bacon flavored and scented products. They sell chocolate with bacon bits, maple bacon coffee, a refreshing pack of bacon breath mints, bacon beer, water, toothpicks, and more. Online at baconnaise.com they sell Baconnaise, a bacon flavored mayonnaise, along with bacon scented lip balm and salt. Founder of J & D's, Dave Lefkow says bacon is very fattening and unhealthy, but the oldest woman in the world says that she eats bacon every day. He says, "our products, however, contain no actual bacon. Bacon Salt is a zero calorie, zero fat, vegetarian and kosher seasoning. Baconnaise is also vegetarian and kosher and contains less fat and calories than regular mayo. Bacon is the King of Meats."

Marilyn Benito, Registered Dietitian in VA, San Francisco says bacon is very unhealthy. She says three strips of bacon are equal to 555 milligrams of sodium, and the cholesterol in bacon clogs heart arteries. Eating too much bacon increases the chance of diabetes and kidney problems. Due to its fat, I do not encourage bacon all the time, but it can help people's bodies and their mornings.

Fairy Fantasy

by Tiana Kujawski, *age 9*

Most people don't believe in fairies. To prove that some people still do, I interviewed my friend who is also interested in fairies. My first question was, "Why do you like fairies?" She said, "Because they're magical!" I also asked, "Have



you ever seen one?" She said she once saw one coming out of a tree.

I then asked her what it is she thinks they do. Her answer was that they have celebrations at the full moon. She is clearly someone one who believes in fairies. I continue to like and believe in fairies, but most people don't. While I was researching this article, I saw a fairy home, bed, and a playground. No actual fairies, but I'm going to check again soon.

The Brown Marmorated Stink Bug

by Emmeline Lin, *age 8*

This stink bug stinks. The Marmorated Stink Bug was not originally found in our continent, but in September 1998 people in Eastern Pennsylvania found a few. Now stink bugs are found in 29 countries. This bug is a pest in China, Japan, Korea and Taiwan. It becomes a pest when they are found in houses. Throughout the season, they sneak into homes in order to stay warm.

The name “stink bug” comes from its scent. They release a smelly odor when disturbed. Adults are one inch. The upper and lower body surfaces are brown. Their bodies are shaped like a shield. The eyes of a stink bug are deep red. The abdomen is yellow-red or white with reddish spots. The head, thorax and legs are black. Stink bugs have different kinds of patterns. They have wings and can fly. Stink bugs have six legs and antennae. The antennae are located in front of the eyes.

A stink bug can lay 20 or 30 eggs. Their eggs are light yellow or red-yellow. The eggs are attached on both sides of the body. In Pennsylvania, this bug species gives birth to a single generation per year. In China, stink bugs have six generations per year. In Japan, adults emerge during June each year. They mate and lay eggs from June through August. The eggs hatch into small black and red nymphs that go through five molts during July and August. They become adults in mid-August.

Stink bugs feed on wild host plants. They also eat apples, peaches, figs, mulberries, citrus fruits and persimmons. This bug also eats many ornamental plants such as weeds and

soybeans.

These bugs don't harm people and they don't reproduce in homes. Mechanical exclusion is the best way to keep stink bugs out of a house. Cracks around windows, door siding, utility pipes behind chimneys, underneath wood fascia, and other openings must be sealed. Damaged doors or windows must be fixed or replaced in order to keep stink bugs out. Unfortunately, if you use insecticide, it will do no good because insecticides are broken down by sunlight. If a lot of bugs have entered your home, you can flush them, smush them and throw them in the garbage, or just hold them in a napkin and throw it out the door.

The Brown Marmorated stink bug may become a pest in North America, just like the Southern green stink bug. This bug species is a pest to farmers because they harm crops. In Eastern Asia, stink bugs are a pest on fruit trees and soybeans. The first population was found in Allentown, Pennsylvania in 1996. By 2001, the stink bug was found in five counties in Pennsylvania and two counties in New Jersey.

In summer, stink bugs are stronger fliers. They spread through North America, eating crops from farmers. Stink bugs emit a pungent odor when disturbed. Stink bugs are the nastiest bugs that eat vegetables in the fields.

The Brown Marmorated stink bug is easily confused with the Native Brown



stink bugs. Although the brown mottled color is different, there are several native species of brownish stink bugs that look similar to the Brown Marmorated stink bug.

The eggs of a stink bug can be white or pale green. The eggs are barrel-shaped. The eggs are laid under leaves. When stink bugs hatch, they stay in the shell for several days. In Pennsylvania, eggs first appear in late June, but females continue to lay eggs until September. When stink bugs first get out of their eggs, they have developed wings. They have to shed their skin when they are about to die. Stink bugs have faint white bands on their legs. The female lays as many as four hundred eggs in her lifetime. Little stink bugs only eat folded leaves. Adults are very active and drop from plants and fly when disturbed. Stink bugs love making holes in flower petals. It is difficult to clean up after stink bug damage. Stink bugs can be pests, but they can also be very interesting as well!

Tasmanian Tigers

by Claire Lin, *age 7*

Tasmanian Tigers lived a long time ago. The first appeared about 4 million years ago. They lived in Australia, New Guinea, and Tasmania. They became extinct on the Australian mainland thousands of years ago. The Tasmanian Tiger lived in Tasmania with the Tasmanian Devil. They are like wolves and tigers of the northern hemisphere. Although they are tigers, they look like wolves.

Their closest and largest relative is the Tasmanian Devil or the Numbat. They are among the small number of animals that have pouches (so does the Water Opossum). They have triangular stripes on their back. Male Tasmanian Tigers have a pouch that acts as a protective sheath, so they can run through thick brush when they travel, and they travel very slowly. They are even slower than a dog! They are probably as fast as an old person running with running shoes.

They are very powerful tigers. Species of the Tasmanian Tiger's family date back to the beginning of the Miocene Era. Since the early 1990s, at least 7 fossil species have been uncovered at Riversleigh, part of Lawn Hill National Park in Northwest Queensland. The oldest fossil from the 7 fossils that had been discovered was 23,000,000,000,000 years old. That one was smaller than its recent relatives. The largest and most powerful one probably survived into the late Miocene. It grew to be the size of a wolf. The modern Tasmanian Tigers live in New Guinea and Australia. They had many



similarities to the Canidae, which is a member of the dog family that lives in the Northern Hemisphere. Their similarities are sharp teeth, powerful jaws, raised heels, and the same general body form. They are unrelated to any of the Northern Hemisphere predators. They are easy to tell from a true dog because of the stripe on its back, but their skeleton is harder to distinguish. The Tasmanian Tiger's skull is akin to the dog skull.

Numerous examples of Tasmanian Tiger engravings and rock art have been found dating back to at least 1,000 B.C.E. Their footprints are easy to distinguish. A long time ago, they lived in zoos like Hobart Zoo, Adelaide Zoo, and Beaumari's Zoo. Their fossils can be found in the National Museum in Oslo, Norway. By the time the first explorers arrived, the animal was already endangered.

These animals eat meat like platypuses and chicken. The last living tiger lived the longest. The last one's name was Benjamin. Scientists now know that Benjamin was actually a female. The scientists who discovered Benjamin was actually a female were Dr. Eric Guilder and David Fledy.

Cow Farts Make Global Warming

by Kiran Mukherjee, *age 8*



Many people think burning fossil fuel is the main cause of global warming, but farm animals are a cause of global warming too. Cows produce lots of methane by farting and burping. Methane is a gas that is part of the Earth's atmosphere, but too much methane traps too much heat inside our atmosphere. This is what scientists call global warming. It is a huge problem for our environment nowadays. Cow poop gives out nitrogen, another greenhouse gas. The more greenhouse gases in our atmosphere, the more global warming.

One cow makes 20 pounds of methane a year. There are 1.5 billion cattle on the planet. That is a lot of methane. 18% of greenhouse gases come from livestock. That's more than all the transportation in the world. Because methane traps more heat than carbon dioxide, it also contributes more to global warming.

People cut down trees to make cow pastures. This is a big problem because trees clean the air. With the number of people in the world increasing, the amount of meat that people eat is going up. This means more cows, which means more farts and more global warming. If you cut down on meat consumption, you can help fight global warming.

The Snurfer

by Isaiah Bryant-Martinez, age 10

Do you like to play sports? Do you like to go to the snow? Well, if you do, I know the perfect sport for you: snowboarding [a.k.a. snurfing]. My name is Isaiah and I'm writing about snowboarding. You'll also find out later why I call it the snurfer. When I started snowboarding, I felt like I was on top of the world. It's the most fun thing ever. At first, I was really scared, my mom was too. Then I tried it, and it was awesome. When I started, I had a snowboard that has that thing you put your feet in so you don't fall.

For my article, I interviewed Matty Kelly. He snowboards, builds snowparks, and teaches people how to snowboard. I was introduced to him by my good friend, Logan. I asked him a couple questions. First was, "where did you grow up?" He said Cape Cod, Massachusetts. I asked him where he started snowboarding and he said Mt. Sunapee, New Hampshire. I also asked what inspired him. He said he moved up to New Hampshire from Cape Cod, gave snowboarding a shot, and loved it. Matty also told me that one of his favorite places to snowboard is Breckenridge, Colorado. I was curious to know if you needed to be in shape to snowboard and he responded, "uh-hhhhhhh . . . you can snowboard in any shape, but if you want to be really good, you should probably be healthy. But if you are just cruising around, it is not as important." I asked Matty, "do you like teaching people?" and he responded "Yeah," which was a really simple answer. I was curious to know if it is hard to build snowparks and he said "yes, it takes a while to learn it,

you don't just learn it right off the bat." I also asked him how long it takes to build a snowpark and he said it all depends on the size.

According to Wikipedia, there have been many versions of the snowboard. It first started off being called the Snurfer, and was designed by Sherman Popper for his daughter. Many people, such as Dimitrige Milovich, Jake Burton Carpenter, Tom Sims, and Mike Olsen, helped to improve it. Dimitrige Milovich, an East Coast surfer, even had an idea of sliding on cafeteria trays. In 1985 only 7% of ski resorts allowed snowboarding. Gradually snowboarding became more accepted, Wikipedia states, and the peak year for snowboarding was 2004, with 6.6 million participants.

There are many different styles of snowboarding. There's freestyle, downhill racing, and many more. Many people snowboard and I agree with Matty: it's good to be in shape, but that doesn't mean don't snowboard if you're not. I love snowboarding be-

cause it is a fun, healthy, and active way to get some exercise. Snowboarding is not just something you do for fun—to me and many other people, it is a lifestyle! Wait, wait! Don't stop reading! The last question I asked him was, "What do you think the best thing to know when you snowboard?" and he said "uhhhhhhh . . . that's a hard one. I think the best thing to know is not to fall—you probably do not want to go around the mountain falling on your face."



Awesome Creatures From the Past

by Andrea Rustrian, *age 10*

A lot of large creatures walk the world, but most, like the elephant, can be seen at the zoo. I have never seen a dinosaur. Ever. They are a mystery to me and to most people. That makes them cool.

Like humans, dinosaurs break down into three types of eaters: carnivores (steak lovers), herbivores (vegetarians), and omnivores (eats everything). The T-Rex was a carnivore. It could eat 500 pounds of food in a single bite. I cannot.

There are many other interesting facts about the T-Rex. This dinosaur could grow as high as 12 feet tall, but usually leaned forward so its head was level with its tail, like a slouching teenager. A lost tooth could grow out again in two years or less. Some other things about T-Rexes surprised me. They weighed about seven tons; I thought it would be more. T-Rexes had no hair but were warm blooded. They had 50 teeth in their mouth and each tooth was approximately eight inches long.

If I ever met a T-Rex, oh my God, I'd be freaked out. I'd be a little scared but it'd also be awesome. But the meeting could be awkward because the T-Rex is so tall and I'd be down here yelling, "What's up?"



An Extinct Giant Meat-Eater

by Joshua Young, *age 8*

The T-Rex was bigger than your car and longer than your living room. The body of the T-Rex was up to forty-two feet long and thirteen feet tall, according to Wikipedia. The footprint of a T-Rex stretched about three feet

long and two feet wide. How fast was the T-Rex? Even though it was huge, the T-Rex could travel up to twenty-five miles per hour, according to most guesses by experts. Some scientists think the T-Rex hunted for food, but others say the T-Rex scavenged like a vulture. Either way, T-Rexes are very frightening. It is a good thing they went extinct over 65 million years ago, thanks to a meteor.

St. Francis Fountain

by Emma Sanford, *age 9*

Walking into the St. Francis Fountain on 24th St. in the Mission is like walking into a 20's style diner. Actually, it IS walking into a 20's diner! St. Francis is a delicious diner that was started in 1918. There is a counter with vinyl stools that spin. There are formica tables and mock leather booth chairs. There are signs on the walls advertising malt shakes for \$1.50, fudge sundaes for \$3.50, and other tasty treats.

St. Francis is owned today by Levon Kazarian and Peter Hood. I talked to Levon. The original owner owned it from 1918 to 2000. Another owned it for 1 ½ years until Levon and Peter bought it. But Levon is the one that runs it. He told me that it is almost exactly the same as it was in 1918, but they added a bigger kitchen.

When I asked Levon what kind of customers he gets there, he responded, "We get a lot of people, a whole crowd...lots of families, kids, older people. For instance, an old woman called Rose started coming when she

was a kid, and has come every day for thirty years." Along with that crowd, there are hipsters, skaters from the new skate park by my school (Buena Vista) and young college kids.

Levon's favorite thing about working at the St. Francis is that "when you give a small child who comes in grumpy a free scoop of ice cream, everything is good." He loves making people happy. Levon said that nothing very serious has happened for St. Francis's whole history—no robberies, no fires. The worst thing is when a customer gets angry for some reason and leaves.

When I asked what he might do to make his restaurant better, he said he could fix the ice cream machine, but they probably couldn't outdo Mitchell's Ice Cream. He says French fries are the most popular item on the menu. Ice cream wise, the most popular item would be milk shakes.



And now, for a bit of history—in the late 1940's, two brothers named Don and Vick Morabito decided to start a football team while dining at a booth in St. Francis. The team they started became the San Francisco 49er's!

If you ever go to St. Francis, you should order their fries. They are awesome!

St. Francis Fountain
2801 24th Street
(between Bryant St & York St)
San Francisco, CA 94110
(415) 826-4200

Strawberries

by Akeylah Hernandez, *age 11*

Have you ever wondered what a strawberry is? At first I thought it was a fruit, but then I learned that all fruits have seeds on the inside. So I thought, "what could it be?" It isn't a vegetable. It's too sweet to be a vegetable. So what could it be? Really, a strawberry is the edible part of the fragaria, a plant that is part of the rose family. Something I didn't know was that there are different types of strawberries. There are big ones and small ones, sweet ones and tart ones.

An Albion strawberry is a big strawberry, but it is not as sweet as a Chandler—which is a sweet but small strawberry. Most of the strawberries we eat today are French and American strawberries. But there are still many more types of strawberries.

I wanted to learn more, so I went to the farmer's market. I interviewed six strawberry farmers. Out of the six farmers I interviewed, four of them thought strawberries were fruits and two of them thought they were vegetables. None of them knew what they really were. One of the them told me that if you wash your strawberries and leave them out or

put them in the fridge, they will rot faster. The best thing to do is to put them in the fridge and ONLY wash them when you're ready to eat them because the strawberry acts as a sponge and can't have too much water in it.

If you want to know more about strawberries, you should either go to the farmer's market or search Wikipedia.



People in the US are Getting Addicted To Fast Food

by Genevieve Epstein, *age 10*

When most people think of fast food they think... "I want some!" Not me. I learned why it is really bad to eat. Fast food is very bad for you because if you eat too much of it, you will become obese. I don't like fast food; I would rather just enjoy a carrot or a juicy piece of cantaloupe. I interviewed Dr. Charles Epstein and Dr. Lois Epstein and asked them some simple questions about fast food.

First, I asked them what happens if you eat too much fast food. "Of course," they answered, "you get fat." Then, I asked them if they knew why that happens, they said, "Proteins give you four calories per gram, though in fast food it is mostly just fat, one gram of fat is nine calories." I also questioned them about what they thought was the

worst fast food restaurant. They both agreed: Pizza Hut. Personally, I think it is McDonalds. I think this because I went on www.foodfacts.info, searched the McDonalds restaurant, and found the nutrition facts on all of the products. A Deluxe Breakfast is 1190 calories. I would not want to eat that. A Chocolate Triple Thick Shake is 1150 calories. That's not for me. An M&M McFlurry is 910 calories. Not interested! I do not intend to be mean to McDonalds, but I must not tell a lie. Their food contains many calories more than a person should eat in one day, let alone one meal.

I would like to thank Dr. Charles and Dr. Lois Epstein, who graduated Harvard Medical School, for letting me interview them.



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ABOUT 826

826 is a non-profit organization dedicated to supporting students ages 6 to 18 with their creative and expository writing skills, and to helping teachers inspire their students to write. Our services are structured around the understanding that great leaps in learning can happen with one-on-one attention and that strong writing skills are fundamental to future success.

Huff and Puff and Not Blow the House Down

by Laila Zaidi, age 9

I don't think the big bad wolf can huff and puff down this house. It's called the Straw Bale House. Obviously it's made out of straw. And in my article you are going to know why it's a good choice for a house.

To build this house you need a wooden house frame, a lot of straw, a team of builders, and other items. You put the straw in the wooden frame, then you add the plumbing in the dirt. You then put adobe over the dirt, put clay spray over the straw, add in walls everywhere, and then you paint it with a special paint. A limewash is good, but it's really expensive. You add in all your furniture and voila! You have your own Straw House.

Straw Bale Houses are good for the environment due to the renewable resource, straw. If you keep the straw dry, then your house won't rot. So if that's what you're looking for, this is the house for you. And also, if you seal all the cracks and plaster the house, no bug can get in by accident. Although earthquakes might



affect it, the StrawBale House is very sturdy. This house is surprisingly waterproof and it actually outperforms other building materials like wood in flame tests. It is also windproof, due to the sturdy adobe. Lastly, straw is good because it's way

cheaper than lumber.

So, in conclusion, now you realize why a Straw Bale House can be a really cool house. We'll see if one day the big bad wolf will figure out how to demolish this house.

"Project Runway"—continued from page 2

What they do on *Project Runway* is always different. Each episode, they get a guest judge to help choose who wins and who loses along with the host and the judges who are always there. The mentor is not allowed to judge.

One of my favorite episodes was where the designers were taken to the park to see what they would use, and guess what they saw? A huge pile of used umbrellas!

But there's always a twist. In this episode I was referring to, the twist was that the designers, after they had

chosen their umbrellas, found out that they had to use everything they had taken. Some of them had taken as many as 35 umbrellas!

But what must really be a treat for the three designers that are finalists is that they get to go to New York Fashion week. If you're a finalist, you get a certain amount of money and a certain amount of time to make an entire line of clothing. Normally the designers pick a theme to focus on for their lines, but sometimes not. It's a truly amazing industry and people should be proud of their abilities within it.

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What: Bay-farer issue #27

When: July 8th at 6pm, and every Wednesday thereafter, continuing until August 5th

Where: 826 Valencia, of course!

Why: To write a fabulous newspaper for that the whole world will read!

How: Dedication, Creativity, Talent, and a little bit of Luck.