

# Spartans focus on health

## Learning to save lives

In tense situations, these Spartans will have the courage to step up to the plate.

BY ZHANARRIA MOHOGANY AND HIBA AITGRIF  
SNN Staff Writers

Two students surround a dummy lying on the ground in a classroom. One is doing compressions on the dummy's chest and the other is counting. This is teacher Erika Miller's medical skills class, where the students are taught how to perform CPR and other important first aid lessons.

"The more people who are comfortable knowing how to save a life, I think that's what's really important," she said. Miller first uses an American Heart Association video to teach her students CPR. Then she has them practice hands-on.

"Most students do pretty well with it, but I'm most scared about them doing it in the real world," she said. First the students complete lessons on the computer. Then they are called up to perform CPR on a dummy, answering questions while they're doing the procedure. Finally, they have to take a test on what they learned and what they would do if they were in a difficult situation. To pass the test students have to score at least 80 percent.

"I took it because I love the medical field and I want to be a doctor," senior Tiarah Johnson said.

In addition to learning CPR, the students complete class assignments, including creating a brochure on adults, children and infants and describing what they would do in different situations.

Miller said she wants students to learn about CPR so they can help in an emergency. By the end of the semester, the students will have learned different first aid skills as well as about various medical professions.

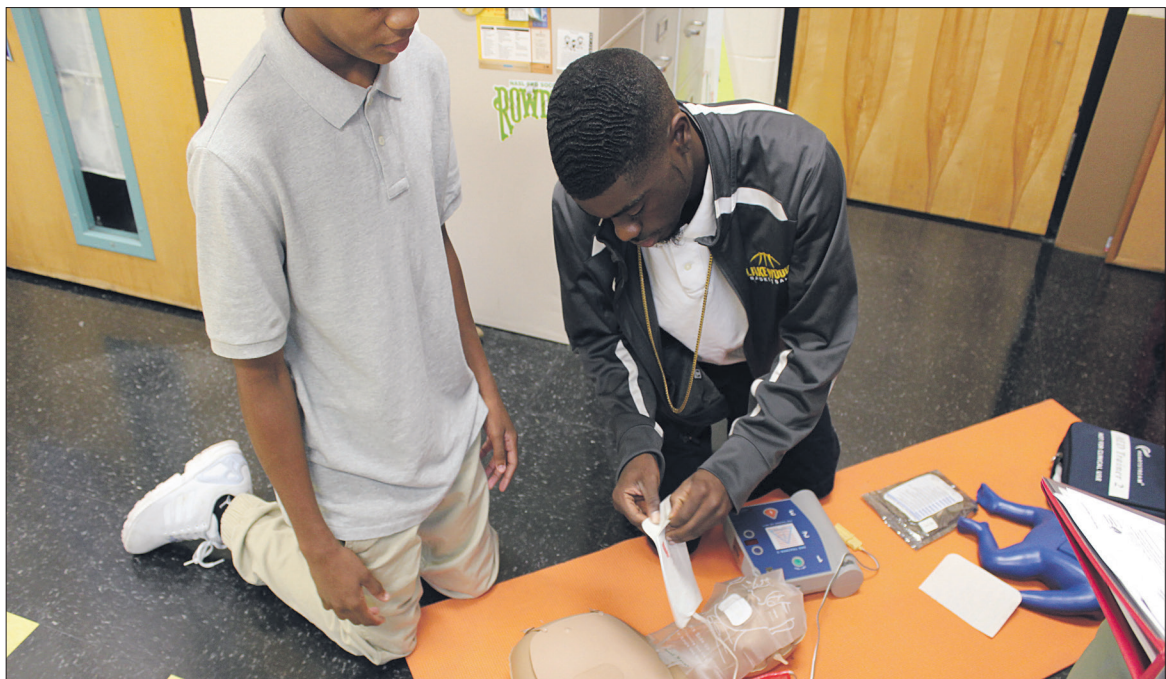
"It will help the people around me if anything happens to them," freshman Yesleni Chico said.



Junior Travis Jeancharles practices CPR on a baby mannequin on Oct. 27, 2016, in Erika Miller's medical skills class. "It can benefit others that needed help," Jeancharles said.



Junior Jazmine Hannan gives CPR to a mannequin.



Junior Troy 'Von Johnson applies pads to the mannequin chest in medical skills class. "I was comfortable doing it," Johnson said.

## A chronic condition



JAYLYNN PRESLEY  
SNN Staff Writer

I, Jaylynn Presley, was brought into this world with the sickle cell trait, but I didn't know it until I was 16 years old.

It was during a preseason basketball game in the 2015-16 school year. I was feeling weak, light-headed and dizzy, and my body just shut down on me. I was sitting on the bench and I just blacked out. They took me to the locker room and gave me water, and then my mom took me to the hospital that night. They checked my blood and that's when I found out I had the sickle cell trait.

I thought that I wouldn't be able to play basketball anymore, because I really didn't know what I needed to do to treat it.

The sickle cell trait is a condition caused by the presence of a single gene for sickle cell anemia, producing a smaller amount of abnormal hemoglobin. If it is not treated, you can get very sick or even die.

I started eating fruit, exercising and drinking plenty of water. I always make sure my body temperature is cool when exercising in hot and humid temperatures by misting my body with water or going to an air conditioned area during breaks or rest periods during basketball practice. In the morning I eat oatmeal with a glass of orange juice, Gatorade, or water. For lunch and dinner I will have a salad with any type of fruit juice, like grape juice or mango juice. I eat very little meat and very little sugar. I have to take medicine three times a week, and it is very nasty.

Growing up with this made it very hard for me to do a lot of things in life. I can't get on rollercoasters. I can't eat what I want. I can't be outside for long periods of time, because my body has to stay a certain temperature.

When thinking about the future and having sickle cell trait, I pray that it gets better and doesn't get to the point that I can't live my dream of playing ball in college, going overseas and becoming a sports doctor. When I think about having children, I wonder if he/she will have this trait because they have a 50 percent chance of getting the trait.

Even though I know how to treat it, I still worry about my future and how my life will turn out.



JAMAL LYLES

**Handling the pressure:** Last spring, Junior Jamal Lyles found out he had high blood pressure.

"I was helping (health teacher) Erika (Miller) with something. ... She took my blood pressure and it was really high," Lyles said. Lyles plays defensive line on the football team here at Lakewood.

Miller didn't know the cause of his high blood pressure because he did not have any symptoms.

"I asked him if he had a history of it. ... It's not common that you see younger kids with high blood pressure," she said.

Lyles found out the cause of his high blood pressure was genetics.

"My dad, mom, grandma, great-grandma have it. Basically the whole family," he said.

Eating meals with salsa, being active and eating more vegetables is required for Lyles, so that he can live a healthier lifestyle.



NICK STODDARD

**Heart health:** Every six weeks, freshman Nick Stoddard takes a trip to the doctor to get a special test done. This is because Stoddard was born with a heart condition that requires an artificial heart valve to fix.

According to webmd.com, the test measures how long it takes blood to clot. It is also used to check for bleeding problems.

Stoddard was diagnosed with the condition five days after he was born.

"I had blue around my lips," he said. This was the indication that there might have been something wrong.

Although Stoddard feels no different from any other kid, he does feel like it sets him apart because of some of the things he cannot do.

"I can't play contact sports," he said.

- By SNN Staff Writer RACHEL MOORE

## How will you get healthy in the new year?



"I will work out every day doing pushups, cardio and sit-ups. I will watch how much I eat during the day, so I don't take in unnecessary calories."  
Rakeesh Wideman, 10th grade



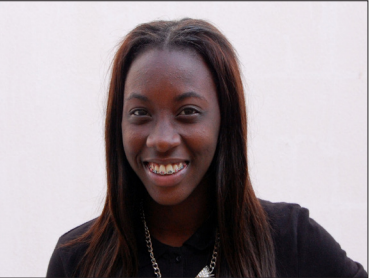
"Work out more often and I am going to eat a lot of salads and chicken wraps."  
James-David Merck, 10th grade



"Jog every morning and follow a strict diet of vegetables and meat."  
Jazmyne Ruffin, 11th grade



"I want to eat more fresh fish that I catch. I like fishing and eating what I catch."  
Cael Delgado, 10th grade



"I want to continue dancing every day for the band, eating salads and not eating meat from my job at Taco Bell and running daily to keep in shape for dancing."  
Keasia Bell, 10th grade

Quotes and photos by NICK ISOM | SNN



BY ALEXIS GARCIA  
SNN Staff Writer

Last month I decided that I would try to stick to a vegan diet for a week. A lot of people think that all vegans do is eat grass, hug trees and judge those who like to consume meat and butter. While that may be true for some vegans, I know it's not true for all.

Veganism is being a vegetarian but with added dietary restrictions. Being vegan means that you cannot consume meat, eggs, dairy products or any foods that contain those products.

People choose to go vegan for a variety of reasons, sometimes it's to improve their own health, to help the environment or even just to clear their consciences.

I love to work out and already eat relatively healthy, but this will still be a difficult task to accomplish and is completely different from my current diet. Although I'm not starting with the intention of staying vegan forever, I hope this experience will open my eyes and maybe in the future be something I stick with.

**Day 1: Tuesday, Jan. 3**

- Crunchy Peanut Butter Clif Bar
- White rice with California blend vegetables
- Beyond Meat Thai chicken wrap from Tropical Smoothie
- Tostito Chips and Pace Salsa

As of now I'm just feeling happy that the Clif bar I brought to eat for breakfast today happens to be vegan - but I'm still not optimistic about lunch and dinner. I got home from school today and got the rice cooker started and threw some frozen vegetables in the microwave. It was good but not as quick as making a chicken sandwich. For dinner I ordered a Thai chicken wrap with Beyond Meat from Tropical Smoothie, and it was pretty good. You could tell it definitely wasn't chicken but it wasn't terrible to eat and the flavor of the Thai sauce covered most of the 'meat' anyways. After the gym I was hungry again and found out that the salsa in my fridge and the Tostitos in my pantry were vegan. I was pleasantly surprised. Overall, it was a good day and wasn't too challenging.

**Day 2: Wednesday, Jan. 4**

- White rice
- Crunchy Peanut Butter Clif Bar
- Macaroni and roasted garlic pasta sauce
- Fruit protein shake

Today was hard. I woke up late and all I wanted was a Starbucks iced white mocha - but I couldn't because it has white chocolate in it, which isn't vegan. Instead, I had left-over white rice during lunch at school. It was bland and I found myself wishing for pizza. I ate a Clif bar during last period and then went home and made pasta with roasted garlic spaghetti sauce. Still, I was not feeling good. I wasn't sure if it was from a lack of protein, but I had a headache for the majority of the day. That night I made a delicious protein shake with almond milk, a banana, blueberries, strawberries, raspberries and vegan protein. I felt much better—but I'm

still really missing Starbucks.

**Day 3: Thursday, Jan. 5**

- Crunchy Peanut Butter Clif Bar
- Strawberry and Jelly Peanut Butter Sandwich
- Black beans, white rice and broccoli
- Oreo thins: mint and regular

I went grocery shopping and I'm glad I did because I'm kind of getting sick of peanut butter Clif bars. I realized that eating vegan does not necessarily mean eating healthy. While browsing through the aisles in the grocery store and doing some online research, I found that particular flavors of Lays, Doritos, Fritos, Ritz, Tostitos and Oreos are vegan. When I found out Oreos were vegan, my mind was blown. Apparently, Oreos are made with wheat and do not contain any animal product ingredients. In fact, they're a staple in the vegan community. The day was going to be well and I wasn't craving anything non-vegan until my mom texted me and asked me to put the honey teriyaki chicken, which has been marinating in the fridge for two days, into the crockpot. Of course the raw chicken didn't look or smell appetizing, but when I woke up to the smell of it after a nap, all I wanted to do was eat it. But I showed some self-control and ate Oreos instead.

**Day 4: Friday, Jan. 6**

- Half a Peanut Butter and Jelly sandwich
- Crunchy Peanut Butter Clif Bar
- Oreo thins: mint and regular
- Broccoli
- Rice with mojo

Despite only sleeping five hours last night, I woke up today feeling great and energized. I put my usual Clif bar into my backpack along with the peanut butter and jelly sandwich I made last night. The day went well and by lunch I was hungry and ate half of my sandwich. I got home and that's when things started to go downhill. My dad lives an hour away and I was supposed to go to his house this weekend but he asked me not to come because I was "eating like a wacko." I was disappointed but I saw it coming. I then ate some Oreos while I waited for broccoli to be done heating up in the microwave. After, I went to the gym but I had a horrible headache, which seems to be a recurring problem. I went home and ate dinner which consisted of rice with Mojo, a marinade consisting of citrus and spices. The rest of the night was quiet. I just stayed home and watched YouTube videos until I fell asleep.

**Day 5: Saturday, Jan. 7**

- Fruit smoothie
- Tomato soup
- Two pieces of toasted wheat bread
- Oreo thins: mint and regular

Today I woke up feeling great again. I made a smoothie with almond milk, blueberries, raspberries, blackberries, strawberries and a banana. It was great and I drank it before I took my dog to the park. After the park, I went to the gym and I had a good workout. I feel relieved that I still have the energy to workout most days while not eating as much protein.

BY ALEXIS CRAWFORD  
SNN Staff Writer



ALEXIS CRAWFORD | SNN  
**Passion fruit is small but flavorful and is packed with healthy benefits. It is the size of a small orange. To eat it you cut it in half and spoon out the insides. The seeds are edible and taste like sour candy.**

Many fruits that people haven't heard of are packed with antioxidants and nutrients and have tons of benefits. I tried a couple of these fruits, and here are some of my recommendations.

### Cape gooseberries

Cape gooseberries are small, round berries that resemble a cherry tomato, but they are yellow and orange in color. You can put them in salads or smoothies or make them into a tea. The texture is very much like a cherry tomato but with a bunch of small edible seeds. The flavor is unique; at first it is kind of sour then the aftertaste is sweet. The fruit has many health benefits, which include preventing cancer, providing skin and bone health, helping fight off cold and flu, and lowering blood sugar and cholesterol. Cape gooseberries contain twice the amount of vitamin C as lemons and have more antioxidants than

broccoli and apples. Fun Fact: Cape gooseberries can be poisonous if eaten when they are unripe or green.

### Goji berries

Goji berries, also called wolfberries, are small red berries from China. They were originally used as medicine to relieve headaches and insomnia. They can be eaten raw and dried or added to things like soup, salad, smoothies, yogurt and trail mix. They have a slight taste that resembles raisins. I don't really like raisins so I like to eat mine with dark chocolate covered almonds. It hides the raisin taste and it makes it a bit sweeter. According to the U.S. Department of Agriculture (USDA), goji berries are the highest-rated antioxidant food in the world. The health benefits of goji berries are endless. They promote healthy skin, boost immune system, help stabilize blood sugar, de-

toxify the liver, keep your energy and mood up and help chronic dry cough. The berries have 21 trace minerals and contain 500 times more vitamin C than oranges, 15 times the amount of iron in spinach, and more protein than whole wheat.

### Prickly pear

The prickly pear, also known as the cactus plant, when the fruit is picked it is covered in spikes just like a normal cactus is. You then have to take all of the spikes off before you eat it, but if you buy the fruit in the grocery store like I did, the spikes are already taken off. To eat the fruit you slice a bit of the skin and then peel the rest. People may put this fruit in dishes such as desserts or drinks or they may just eat them raw. The fruit boosts the immune system, aids in preventing cancer, builds strong

bones and teeth and helps in managing weight. The prickly pear is sweet like a watermelon and smells like watermelon or bubble gum. The fruit is a beautiful red magenta color and has many edible seeds that don't have a taste.

### Passion fruit

A passion fruit is a medium sized fruit that resembles an egg-shaped plum. You can tell when a passion fruit is ripe when it has wrinkles on it. It has a thick yellow or purple skin that is inedible. The skin surrounds hundreds of sweet, tart seeds. The fruit tastes like sweet citrus. The seeds taste like a sour candy when bitten into. Passion fruit boosts the immune system, protects against cancer and premature aging, keeps skin hydrated and glowing and improves heart health. Passion fruit is rich in Vitamin C and reduces anxiety and stress.



CAFETERIA MANAGER KIM GRIFFIN PREPARES VEGETABLES IN THE CAFETERIA AT LAKEWOOD HIGH SCHOOL.  
JADE SMITH | SNN