# 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.

<sup>\*</sup>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 I, Jaylynn Pres-

**JAYLYNN PRESLEY** SNN Staff Writer

16 years old. preseason basketball game in the

year. I was feeling weak, light-headed and dizzy, and my body just shut down on me. I was sitting on the bench hospital that night. They checked my blood and that's when I found out I had the sickle cell trait.

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 ley, was brought of water. I always make sure my body temperature is into this world cool when exercising in hot and humid temperatures by with the sickle cell misting my body with water or going to an air conditrait, but I didn't tioned area during breaks or rest periods during basketknow it until I was ball practice. In the morning I eat oatmeal with a glass of orange juice, Gatorade, or water. For lunch and dinner It was during a 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 2015-16 school 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 and I just blacked out. They took me to the locker room eat what I want. I can't be outside for long periods of and gave me water, and then my mom took me to the 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 I thought that I wouldn't be able to play basketball point that I can't live my dream of playing ball in college, going overseas and becoming a sports doctor. When I hink 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.



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

**Heart health**: Every six weeks, freshman Nick Stoddard takes a trip

o 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.

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



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

hight 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.





"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

Quotes and photos by NICK ISOM | SNN



"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



#### **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 grocery store and doing some online research, I found that particular flaany foods that contain those products.

mprove their own health, to help the environment or even just to clear their conscious.

diet. Although I'm not starting with the intention of staying vegan for- fridge for two days, into the crockpot. Of course the raw chicken didn't 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' I was supposed to go to his house this weekend but he asked me not to macaroni with pasta sauce. It was good, but I usually eat macaroni with 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 Starbuck's 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



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 get-ting sick of peanut butter Clif bars. I realized that eating vegan does not necessarily mean eating healthy. While browsing through the aisles in the vors of Lays, Doritos, Fritos, Ritz, Tostitos and Oreos are vegan. When I People choose to go vegan for a variety of reasons; sometimes it's to 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 well and I love to work out and already eat relatively healthy, but this will still be I wasn't craving anything non-vegan until my mom texted me and asked difficult task to accomplish and is completely different from my current me to put the honey teriyaki chicken, which has been marinating in the 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 that's when things started to go downhill. My dad lives an hour away and and tomato, which I made the night before. After school I ate leftover heating up in the microwave. After, I went to the gym but I had a horrible headache, which seems to be a reoccurring 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 protein, but I had a headache for the majority of the day. That night I was great and I drank it before I took my dog to the park. After the park, made a delicious protein shake with almond milk, a banana, blueberries, I went to the gym and I had a good workout. I feel relieved that I still strawberries, raspberries and vegan protein. I felt much better—but I'm have the energy to workout most days while not eating as much protein.

An SNN reporter spends a week as a vegan. It was not as difficult as she thought it would be - especially if you have plenty of bananas, Clif Bars and Oreos.

Speaking of eating, I was starving after the gym. So, in attempts to imitate the classic combination of grilled cheese and tomato soup, I heated up some store bought vegan tomato soup on the stove and toasted two pieces of wheat bread in the toaster. The combination was good but not nearly as good or as filling as its superior. I was still really hungry so I ate Oreos intil I felt terrible.

Day 6: Sunday, Jan. 8

Maple and Brown Sugar Oatmeal with peanut butter and banana Salad with tomato Caramelized onions and mushroom over white rice

Tomato soup with two pieces of wheat bread

Today I missed out on going to brunch at my sister's house because I wouldn't be able to eat anything they were making. Unfortunately, sausage, eggs, bacon and biscuits and gravy aren't vegan. What I ate instead was still really good though. I had maple and brown sugar oatmeal with peanut butter and banana. After breakfast, I went to the gym and then cooked ever, I hope this experience will open my eyes and maybe in the future be look or smell appetizing, but when I woke up to the smell of it after a white rice and caramelized onions and mushrooms in a pan. I paired that with a simple salad basically consisting of lettuce and tomatoes. It was good and I was full until dinner time. For dinner, I once again heated up tomato soup on the stove and toasted wheat bread to go with it. I was full and content. It was a good day.

#### Day 7: Monday, Jan. 9 Small salad

Macaroni and roasted garlic pasta sauce

Crunchy Peanut Butter Clif Bar Peanut butter toast with banana

The last day was by far the most difficult. The anticipation of being able to eat meat and dairy was too real and I found myself craving foods that I and by lunch I was hungry and ate half of my sandwich. I got home and couldn't eat. Instead, for school lunch I ate a small salad with mushrooms come because I was "eating like a wacko." I was disappointed but I saw cheese, so it just felt wrong. I got home around 4 p.m., ate a Clif bar it coming. I then ate some Oreos while I waited for broccoli to be done and then fell asleep until 9 p.m. It isn't uncommon that I take naps after school, but usually the naps don't last for longer than three hours. I don't know if it has anything to do with my diet or if I just needed the sleep.I was disappointed because it was now too late for me to go to the gym. I made and ate two slices of toast with peanut butter and banana on top for dinner and then cleaned my room and got ready for bed.

Overall, going vegan was not nearly as bad as I thought it would be. It

wasn't incredibly hard to follow the restrictions, but if I were to pursue it

permanently, I would definitely need more variation in my foods. The food

wasn't bad and I'm sure the overall experience would've been easier if I had

a better selection of food, but I used what was on hand. I do not plan on

going vegan again anytime soon. I think my regular diet is a lot healthier

than my vegan one. There were too many carbs for my liking and I think

I was way too dependent on peanut butter Clif bars and Oreos. Don't get

me wrong, I love pasta but I'd take chicken over rice any day.

### These fruits are filled with health benefits

**BY ALEXIS CRAWFORD** SNN Staff Writer

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

ons and have more antioxidants than system, help stabilize blood sugar, de- aids in preventing cancer, builds strong and stress.

when they are unripe or green.

### Goji berries

Goji berries, also called wolfberries, are small red berries from China. They whole wheat. Cape gooseberries are small, round were originally used as medicine to berries that resemble a cherry tomato, relieve headaches and insomnia. They but they are yellow and orange in color. can be eaten raw and dried or added to You can put them in salads or smooth- things like soup, salad, smoothies, yoies or make them into a tea. The texture gurt and trail mix. They have a slight cactus plants. When the fruit is picked is ripe when it has wrinkles on it. It has is very much like a cherry tomato but taste that resembles raisins. I don't it is covered in spikes just like a normal a thick yellow or purple skin that is with a bunch of small edible seeds. The really like raisins so I like to eat mine cactus is. You then have to take all of inedible. The skin surrounds hundred flavor is unique; at first it is kind of sour with dark chocolate covered almonds. the spikes off before you eat it, but if of sweet, tart seeds. The fruit tastes like then the aftertaste is sweet. The fruit It hides the raisin taste and it makes you buy the fruit in the grocery store sweet citrus. The seeds taste like a sour has many health benefits, which in- it a bit sweeter. According to the U.S. like I did, the spikes are already taken candy when bitten into. Passion fruit clude preventing cancer, providing skin Department of Agriculture (USDA), off. To eat the fruit you slice a bit of the boosts the immune system, protects and bone health, helping fight off cold goji berries are the highest-rated anti- skin and then peel the rest. People may against cancer and premature ageing, and flu, and lowering blood sugar and oxidant food in the world. The health put this fruit in dishes such as desserts keeps skin hydrated and glowing and cholesterol. Cape gooseberries contain benefits of goji berries are endless. They or drinks or they may just eat them raw. improves heart health. Passion fruit is twice the amount of vitamin C as lem- promote healthy skin, boost immune The fruit boosts the immune system, rich in Vitamin C and reduces anxiety

iron in spinach, and more protein than seeds that don't have a taste.

### Prickly pear

cactus fruit, is a fruit that comes from plum. You can tell when a passion fruit

Many fruits that people haven't broccoli and apples. Fun Fact: Cape toxify the liver, keep your energy and bones and teeth and helps in managing gooseberries can be poisonous if eaten mood up and help chronic dry cough. weight. The prickly pear is sweet like a The berries have 21 trace minerals and watermelon and smells like watermelcontain 500 times more vitamin C on bubble gum. The fruit is a beautiful than oranges, 15 times the amount of red magenta color and has many edible

#### Passion fruit

A passion fruit is a medium sized The prickly pear, also known as the fruit that resembles an egg-shaped

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### **Q&A** with the cafe

ALEXIS CRAWFORD | SNN

**BY XENISHIA FELTON** SNN Staff Writer

candy.

Q. How much food do you throw away each day? Cafeteria manager Kim Griffin: Probably five percent, which would be mostly vegetables, rice and pasta. Q. Do you change up the menu when you see that an

Passion fruit is small but flavorful and is packed

orange. To eat it you cut it in half and spoon out

the insides. The seeds are edible and taste like sour

with healthy benefits. It is the size of a small

item is not being sold? Griffin: The way they do it is that each Tuesday of the month they do a featured item. It's something new and they send an email asking kids to vote if they like it. If sponsible. ... Also any fruit and vegetables left over that a high percent say no then they no longer feature that can't be used goes to (AMSET teacher James) Kostka item anymore.

Q. What are some of the new foods received this year? Griffin: We have had Mexican rice. Mexican rice

is brown rice with salsa, seasonings that contains garlic, cumin and peppers with diced tomatoes and water blended and steamed for 20 minutes.

Also mac sticks. Mac sticks are ... shaped into triangles and filled with cheese. And the donut, egg, sausage me. Some of it we can use in the food preparation and and cheese breakfast sandwich, which did pretty well. But stuffed crust pizza didn't (sell well) and neither did chicken tacos. ... I'm hoping that the buffalo chicken pizza goes well.

Q. Do you think about giving the food not eaten to the homeless?

Griffin: We participate with Tampa Bay Harvest usually every Friday. Tampa Bay Harvest is a nonprofit organization that we contracted with to pick up any leftovers that are of nutritional value and up to date for their homeless shelters. They have to sign an agreement that once they take the food from the property if they mishandle it and someone gets sick, we wouldn't be held refor his compost bin for his garden, and he gives me fresh products out of his garden to use. Q. What produce does Kostka give you from the

garden? Griffin: It depends on the time of year. Mr. Kostka gives us Swiss chard, chives, basil, Italian oregano, I've gotten onions from him. Right now they have citrus trees growing. They have papayas so he'll bring those to

some we cannot, so we just use it for taste testing. O. Do you think the newer the food the less waste you would have to throw out?

Griffin: Yes, I think they're getting better. The goal is to bring food in similar to what kids see in grocery stores and restaurants so it becomes more appealing.



Cafeteria manager Kim Griffin prepares vegetables in the cafeteria at Lakewood High School.