

Cheverly STEM Buzz



COURTESY: Associated Press

31 States Say ‘I Do’ to Same-Sex Marriage

By Bena, Buzz Reporter

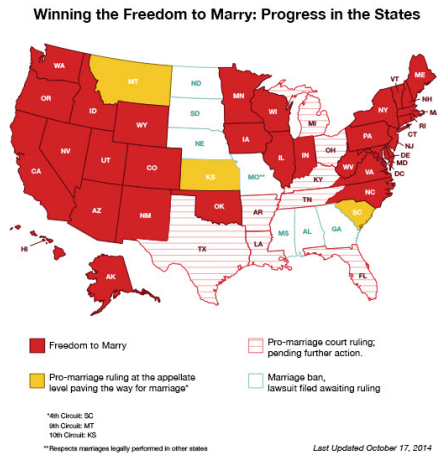
In ten days the states where same-sex partners are able to get married has gone from 19 to 31. The newest states to welcome the measure are: Utah, Oklahoma, Virginia, Indiana, Wisconsin, Colorado, Kansas, North Carolina, South Carolina, West Virginia, Wyoming, and Arizona.

The same-sex marriages in these states were made possible because the Supreme Court chose not to rule on marriage equality nationwide, which means lower court rulings can stand to allow these marriages. Jo Deutsch, Federal Director at Freedom to Marry says that there are positive and negative aspects to this ruling.

“What’s good is that there are now same-sex couples in twelve new states that have the right to get married. What’s bad is since the Supreme Court didn’t take any of the cases, there’s no official Supreme Court decision on the freedom to marry issue.”

Although 66% of Americans now live in a state where same-sex marriage is legal, people still oppose it. But that group is becoming smaller.

“Polling numbers show that virtually every group of people, whether men or women, Democrat or Republican, white or black, gay or straight, now support the freedom to marry,” says Deutsch.



COURTESY: Freedom to Marry

Gay couples have already started getting married in the twelve new states. “I am very happy that other loving couples can have added benefits like I am able to have in the state of Maryland,” Deutsch says.

Continued page B “Marriage”

Maryland Tobacco Use Declining

By Christian H., Buzz Reporter

Tobacco use continues to be a major cause of serious health problems such as heart disease and lung cancer, often leading to a shortened lifespan and higher health costs.

In 2007 the state of Maryland passed a \$1.00 per cigarette pack tax increase. This was intended to help decrease smoking rates, which it did.



University of Maryland smokers’ area.
COURTESY: Washington CBS Local

Youth smoking rates dropped 30%. The adult smoking rate dropped 13%. The state of Maryland also cut funding for tobacco prevention and cessation programs which many people think undermined the effectiveness of the cigarette tax increase. The tax increase did lead to a \$1.5 billion in long term health care cost savings.

The Affordable Care Act (ACA) does not allow insurance companies to deny coverage to people with pre-existing conditions, but it allows them to charge more for their insurance coverage. Some critics say this will lead to smokers lying or going without health care insurance. The ACA requires coverage of smoking cessation programs.

“There are many things that can help people quit smoking such as nicotine replacement therapy (NRT) in the form of a patch, gum, lozenge, nasal spray or inhaler,” said Bonnie Roberts, an experienced smoking cessation clinic facilitator. “There are also medications and counseling. In counseling smokers learn to form new patterns and habits to replace the old ones that trigger a strong desire or need to light up,” she added.

The Health Benefits of Quitting	
After...	
20 minutes	...Blood pressure drops to near the level before you had your last cigarette.
8 hours	...Carbon monoxide level in the blood drops to normal.
24 hours	...Chance of heart attack decreases.
2 weeks to 3 months	...Circulation improves. Lung function increases up to 30%.
1 year	...Chance of heart attack is cut in half.
5 years	...Stroke risk is reduced to levels of a non-smoker's.
10 years	...Risk of dying from lung cancer is about half of a current smoker.

COURTESY: Together Therapy

Bonnie suggest changing the route a person drives to work, so that they avoid the trigger of driving by places where they are used to lighting up. “They may need to change other habits as well. it is worth the effort since smokers become much healthier as soon as they quit,” said Bonnie.

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Officer Darren Wilson and Michael Brown.

Teens Focus on Michael Brown Shooting

By Christian C, Buzz Reporter

The events surrounding the late summer police-involved shooting of a Missouri 18-year-old is being discussed here in Maryland.

Saturday, August 9 at 11:51 a.m. a 911 call comes in for a robbery at a convenience store in Ferguson, Missouri. By 12:01 an officer encounters Michael Brown and a friend as they walk down a street.

Despite multiple alleged requests to stop, 18-year-old Michael Brown is accused of staggering toward Ferguson Police Officer Darren Wilson according to police reports. Several eyewitnesses say Brown and Wilson were approximately 20 feet apart when Wilson shot an unarmed Brown. Brown died later that day.

“Brown physically assaulted the officer during a struggle between the two. Brown reached for the officer’s gun and shots were fired,” St. Louis County Police Chief Joe Belmar said.

This shooting has many Maryland youths looking for ways to safely interact with law enforcement.



COURTESY: Associated Press

“You should remain calm and ask respectfully why you are being stopped,” said Logan.

The shooting of an unarmed man prompted street protests and a national campaign where demonstrators put there hands in the universal surrender position, resembling Browns alleged stance during the fatal shooting. Protesters often chant sayings such as, “Hand up. Don’t shoot!”

Clashes between Ferguson Police and night protesters sometimes ended in looting and the use of teargas, hummers and riot gear.

Continued page B “Ferguson”



Seeking Help for Sex Trafficking Teens

By Daryn, Buzz Reporter

Domestic minor sex trafficking is a form of modern slavery dating back to World War II. Young ladies ages 12 – 24 are often lured into this lifestyle where a person may easily approach them on the street, at the mall, at the bus stops or even in front of their homes to solicit them for sex.

“In general, exploited groups, in this case women and girls, cannot alone free themselves from exploitation.” said Angela Ewing-Boyd, who is interning for FAIR Girls, an organization dedicated to helping sex trafficking survivors.



COURTESY: FAIR Girls

FAIR Girls teaches young ladies to take care of themselves and watch out for the signs of a trafficker. They also help survivors of trafficking by providing them with therapy, clothes, food, court advocacy etc.

“It is especially important for those who are affiliated with the group doing the exploiting, to take an active role in all aspects of dismantling the dehumanization of prevention education,” Ewing-Boyd added.

Some of the girls involved are being blackmailed or threatened. Many times pimps make the victims feel wanted, by promising the young ladies a better life than the one they have now. This often results in the pimp asking the girls to have sex with strangers in return for something the girls may need.

Girls are beaten, starved or harmed in other ways if they try to escape. Even though this business makes quite a lot of money, most, if not all of their pimps take the money the young ladies receive.

Continued page B “Trafficking”

Cheverly S.T.E.M. Buzz is a product of the Cheverly S.T.E.M. Center journalism class. All content contained is purely for educational non-profit purposes. These student newspapers are posted weekly to <http://www.cheverlystem.com/>

Cheverly STEM Buzz

Cheverly STEM Education Center Student Newspaper

Cheverly, Maryland

October 21, 2014



COURTESY: RichmondMom

Winter Workouts: From Hibernation to a Healthy Nation

By Zoe, Buzz Reporter

On average, people gain about one to four pounds in the colder months, according to the Centers for Disease Control and Prevention.

The CDC says some of the reasons that people are obese and overweight are because of their environment, behavior and genetics.

Researches at Columbia University found people who don't get enough sleep are 50 percent more likely to be overweight.

Many people get less sleep in the winter because they are under too many covers and that makes them feel hot. The best temperature for sleeping is 60 to 68 from the Cleveland Clinic's Sleep Disorder Clinic.

Women who sat in a room of 81 degrees were less hungry and ate less than women in a 72 degree room says the researchers from Maastricht University in the Netherlands.

The Journal Medical Hypothesis says that if you get a cold that it will make you gain three times as much weight. The National Institutes of Health says that people with Seasonal Affective Disorder, also called SAD, eat up to 800 more calories a day with carbohydrates.

Halloween kicks off the holiday season filled with sugar, starches and carbohydrates.



COURTESY: Balanced Healthy

"They don't take as much emphasis on exercise and fitness as they do during the warmer months," said Life Time Fitness' Howard Wilmer. The NASM certified personal trainer says people tend to stay in a lot more because it is colder. "They don't utilize different things they may have at home or join a health club," he added.

Continued "Health"



COURTESY: Olympic gold medalist Gabrielle Douglas

How to Jump into Gymnastics

By Sydney, Buzz Reporter

Gymnastics is a sport for everyone. The uneven bars, balance beam, floor, and vaulting horse are used by women. The horizontal and parallel bars, rings, floor, and pommel horse are for men.

To begin a gymnastics program, you will need proper clothes. Females wear a leotard and males wear warm up pants, and a fitted t-shirt.



Brianna Downs poses with teammates on the balance beam

"There are 10 levels of gymnastics in total," said Brianna Downs. This former gymnast turned junior Olympic coach trains at Elite Gymnastics in Waldorf, Maryland. "After level 10 there is the elite program," Downs added.

"It takes a long time to prepare for the Olympics," said Downs. "If you train really hard it will take about 11 years," she added. Downs points to the balance beam as one of her most challenging activities.

"This has been the most challenging physically and mentally for myself and many others," said Downs. The balance beam is about four inches wide and is four feet from the floor. Gymnasts walk, jump, and flip on the beam.



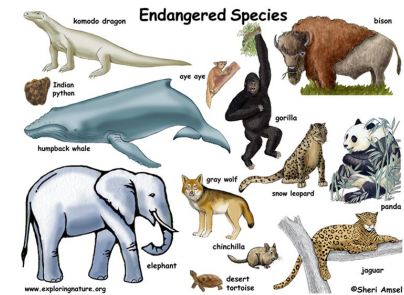
Junior Olympic Coach Brianna Downs & Elite Team Members ###

Endangered Animals Need Help

By Sara, Buzz Reporter

Humans have killed half the world's animal population in less than fifty years. Some scientists say we are in the middle of a mass extinction.

The endangered species list includes: wolves, lions, manatees, and bald eagles.



COURTESY: ExploringNature

The main reasons are overhunting, overfishing, and habitat loss due to the clearing of forests for homes and businesses. It is also caused by pollution, like oil spills, and our carbon output.

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"Health" continued

Weight gain can type 2 diabetes, high blood pressure, heart disease and strokes, certain types of cancer, sleep apnea, osteoarthritis, fatty liver disease, kidney disease and pregnancy problems, according to the NIH.

"Doing a lot of body weight exercises if they are at home. Like squats, push-ups, sit-ups, things like that," said Wilmer.

"Something that is going to keep them moving or just creating challenges. How many squats you can do in a minute? How many push ups? Sit-ups? etc" Wilmer advised. He also suggests healthy foods.

"You always want to go for protein with every meal. Chicken is great. Eggs are great. Broccoli green leafy vegetables, asparagus, spinach, things like that," said Wilmer. He says children can stay healthy too. "Try to get involved in some type of sport or recreational activity. It could be sports. It could be gymnastics. It could be cheerleading. It could be any host of things, just as long as you're staying active. Stay outside playing in the cold or snow, not always inside playing video games," Wilmer said.###

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"Marriage" continued

"There are many, many more loving and committed couples who are able to protect their families in a ways they weren't able to before."

Nineteen states still have a ban on gay marriage. 2015 is seen as the target year for nationwide marriage equality, according to legal observers. ###

"Ferguson" continued

"They were protesting a situation that didn't need to be justified. Like tear gas really?" said Maryland youth Reggie weighing in on the chaos in the Midwest.

"I feel like the police treated the protestors like animals," said Daryn. "The use of teargas in the scenario to me was not needed. They just needed to get the crowd contained," Daryn added.###

Do you know people
who have been forced or coerced to
work in prostitution, domestic
servitude or other types of labor?

- Were they recruited for one purpose but forced to engage in some other job?
- Have their passports or IDs been confiscated?
- Are they held against their will?
- Can they socialize and have friends?
- Have they been threatened with arrest or deportation?

**They can be any age, gender or nationality.
They could be human trafficking victims.**

Please help them by calling **1-866-347-2423**
www.dhs.gov/humantrafficking

Everyone has rights.
We are committed to protecting everyone from human trafficking regardless of a person's immigration status.

"Trafficking" continued

"I am moved by the resilience of the survivors and outraged by the violations they have experienced, said Ewing-Boyd. "But I don't think it is affecting my quality of life--if anything, I am more inspired now more than ever to ensure that everyone has an opportunity to manifest the potential that this kind of trauma can interrupt."

"It may sound cliché, but I have learned that people are capable of transcending even the most horrific psychological and physical trauma," Ewing-Boyd said. "I am so inspired by these young women and all the strength and courage that is required to leave the life," she added. ###

30 DAY SQUAT CHALLENGE
www.30dayfitnesschallenges.com

DAY 1 50 SQUATS	DAY 16 REST DAY
DAY 2 55 SQUATS	DAY 17 150 SQUATS
DAY 3 60 SQUATS	DAY 18 155 SQUATS
DAY 4 REST DAY	DAY 19 160 SQUATS
DAY 5 70 SQUATS	DAY 20 REST DAY
DAY 6 75 SQUATS	DAY 21 180 SQUATS
DAY 7 80 SQUATS	DAY 22 185 SQUATS
DAY 8 REST DAY	DAY 23 190 SQUATS
DAY 9 100 SQUATS	DAY 24 REST DAY
DAY 10 105 SQUATS	DAY 25 220 SQUATS
DAY 11 110 SQUATS	DAY 26 225 SQUATS
DAY 12 REST DAY	DAY 27 230 SQUATS
DAY 13 130 SQUATS	DAY 28 REST DAY
DAY 14 135 SQUATS	DAY 29 240 SQUATS
DAY 15 140 SQUATS	DAY 30 250 SQUATS

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