

JAMES LOGAN

# HEALTHY EAGLE

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## Think before you throw out food; it could benefit someone else

Let's say you can share 100 watermelons with your class and friends. But 30 to 40 watermelons are thrown in the trash. That's a lot of wasted watermelon.

About 30 percent to 40 percent of food that is produced in the United States is wasted on a daily basis, according to the U.S. Department of Agriculture (USDA).

*Logan Healthy Eagle* reporters recently interviewed Mr. Kareem, Logan's general cleaner, about what he observes about food waste at school. He said students throw out a lot of food every day. He added that food and drinks are discarded the most during breakfast.

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Illustration by Nayyirah Jubilee



Illustration by Carlee Coleman

## Inspiring book about plastic

### One Plastic Bag

Written by Miranda Paul

Illustrated by Elizabeth Zunon

**One Plastic Bag** is a story about a woman who found a plastic bag in Gambia in Africa. At first, she was happy using the plastic bag but when it wasn't usable anymore, she discarded it. As

time passed, more and more plastic bags would collect and goats were eating the bags.

After time, the woman and her friends decided they needed to do something. They collected the bags and got to work. They worked hard and turned the plas-

(Please see **Book** on Page 3)

### Electric cars

## Driving into the future

Imagine that you are in charge of a company that has 6,000 cars and vans that travel 425,000 miles every day.

But gas-powered vehicles release a lot of carbon dioxide into the atmosphere, which is not healthy for the environment. What can you do?

People at Quest Diagnostics thought about this question. And they decided to begin replacing their gas-powered fleet with electric vehicles.

The company now has six electric cars in Pennsylvania and nearby states, says Mike Marquette, a senior logistics manager at Quest. The company is also adding more in the rest of the country and hopes to be fully electric by 2035.

Mr. Marquette says the company is making the change for a few reasons. Electric cars don't release harmful carbon dioxide. Plus, Quest will save money because it won't have to pay for gasoline, he says.

"We want to move with technology," says Mr. Marquette, who manages Quest's fleet in Pennsylvania and other mid-Atlantic

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# Think before you throw out food

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Food that is wasted goes to landfills. When the food sits in the landfill, it creates a gas called methane. Methane heats up the atmosphere and is harmful to the environment, according to the USDA.

There are many families that struggle with food insecurity, according to the USDA. That means that many people can't afford to buy all the food their family needs.

What can students do to help prevent food waste? One thing you can do is to take only the food that you know you will eat or drink. Leftover food could be donated to shelters and other organizations to give to those families in need.

Perhaps you can ask adults to create a share table where people gather to eat. A share table is where people put food and drinks they don't want and other people can grab it for themselves.

The next time you go to throw out your food, think about where else the food can go instead of the trash can. —By *Logan Healthy Eagle* reporters

## Tips to prevent food waste

Want to make a difference? Before you eat or go out, try out these helpful tips to prevent food waste. Here are some tips that *Logan Healthy Eagle* reporters compiled:



Illustration by Jordan Yelverton

1. If you don't like the food, try it before you throw it all away.
2. Share unwanted food with a friend at breakfast or lunch.
3. Ask an adult to give unwanted food to a person experiencing homelessness.
4. Save uneaten food from meals and eat it later.
5. Take smaller portions of food. If you're still hungry, you can ask for more.

# Reporters want to help the planet

I would like for there to be less plastic. It is really sad to see our Earth so dirty like this. I hope we can save the Earth and make the world a better place because animals are dying. They're eating the plastic, especially animals that live in the ocean.

—By *Carlee Coleman*

You should reuse cups instead of using plastic bottles. I would like people to drive cars less and do more biking and walking because driving puts bad gas in the air that can get someone sick.

—*Jasyiah King*

Something new I have noticed about the topics I have researched is that people can save a lot of

money if they don't waste food. Something I want to change is I want people to pick up plastic from the ground outside. It is ruining our planet.

—By *Dakota Turner*

*James Logan Healthy Eagle*

A publication of James Logan Elementary School in the School District of Philadelphia. Fourth-grade reporters include Selena Bell, Dash Berry, Carlee Coleman, Zaida' Marie Hamilton, Peyton James, Nayyirah Jubilee, Jasyiah King, Noah Lash-Porter, Nyla McLean-Carter, Samiyah Sims, Dakota Turner, Zanii Watson, Kaleyah Williams, Makaylah Willis-Garrett, and Jordan Yelverton.

The newspaper's faculty advisor is Ms. Caillot. James Logan's school principal is Mr. Grill.

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## Did you know?

The first electric car was invented by Robert Anderson between 1832-1839. It was an electric carriage in Scotland, according to the Library of Congress.



## Driving into the future with electric cars

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states. “Technology is moving in the electric direction.”

Quest uses cars and vans to transport blood and other specimens from hospitals and doctors’ offices to its laboratories around the country. There, Quest lab workers run medical tests. The test results help doctors learn about their patients’ health problems.

To collect the blood and specimens, Quest drivers pick up samples 24 hours a day, seven days a week, Mr. Marquette says. A typical driver travels 90 miles a day, but some go 350 miles in a day, he says. Together, all the drivers travel 425,000 miles a day.

It will make a big difference when all the Quest vehicles are electric. Mr. Marquette says the company won’t need to buy about 25,000 gallons of gasoline a day. That means Quest will be saving about 10 ½ cents for every mile a car is driven.

But electric cars have challenges too. Mr. Marquette and his co-workers are testing the limits of

these vehicles. Their batteries take 10 hours to recharge, he says. On the road, the car’s battery can drain more quickly when the air conditioner is used or the phone is being charged. If an electric car needs to be towed, it must be put on a flatbed truck, or the charging mechanism in the car could be damaged, Mr. Marquette says.

What’s the next horizon for greener transportation? Mr. Marquette says the company is exploring using drones to collect and deliver specimens. “We are moving more and more into green initiatives,” he says.

—By Logan Healthy Eagle reporters

### Something to think about:

Quest drivers total about 425,000 miles a day nationwide according to Mike Marquette. The distance from Earth to the Moon is 238,855 miles, according to NASA. That means that Quest drivers could drive to the moon and almost make it back in ONE DAY!

## Book teaches lessons about plastic bags

*(Continued from Page 1)*

tic bags into purses. They took the purses and would sell them in markets.

We enjoyed how the book showed that the women were able to take the old plastic bags and make beautiful purses out of them. It made the students sad to know that the plastic bags were hurting the animals but happy it had a positive outcome.

The illustrator used lots of vibrant colors that

showed the beauty of Gambia and the village.

The students recommend the book to grade school students. The illustrations are bright and colorful and would engage young students. The picture book also teaches a lesson to all students about the dangers of plastic bags, along with different ways to recycle a bag.

—Reviewed by Logan Healthy Eagle reporters



# Test your knowledge!

Here is a chance to test the new things you have learned about health and the environment in the Winter 2023 edition of the *Logan Healthy Eagle*. Enter the contest by reading your copy of the *Healthy Eagle* and then answering questions for your grade below. (the *Healthy Eagle* staff is not eligible.)

## Directions:

1. Fill in your name, grade, and teacher's name.
2. Answer the questions for your grade.
3. Cut out the coupon for YOUR grade.
4. Hand in the coupon to your homeroom teacher by **March 30, 2023**.

The staff of the *Healthy Eagle* will have a drawing from among the correct entries. Two winners in each grade will get a prize. Good luck! (Teachers: Feel free to help your students.)

## Fourth & fifth grade

Your name: \_\_\_\_\_

Your grade: \_\_\_\_\_

Your teacher's name: \_\_\_\_\_

1. What is a share table?  
\_\_\_\_\_

2. List 3 ways to reduce food waste.

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

## Second & third grade

Your name: \_\_\_\_\_

Your grade: \_\_\_\_\_

Your teacher's name: \_\_\_\_\_

1. List 2 ways to reduce food waste.

A. \_\_\_\_\_

B. \_\_\_\_\_

2. Fill in the blanks: The first electric car was invented by \_\_\_\_\_

between \_\_\_\_\_.

## Kindergarten & first grade

Your name: \_\_\_\_\_

Your grade: \_\_\_\_\_

Your teacher's name: \_\_\_\_\_

1. The book One Plastic Bag takes place in which country? (Circle one)

A. United States    B. Gambia    C. Canada

2. What is the name of Logan's general cleaner?  
\_\_\_\_\_