



By: RFFi

## Get On Board The R180 Express

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**Glendale, CA** At Roosevelt Middle School, eleven hardy eighth-grade Read 180 students express what's in their hearts and on their minds. Hop on board and enjoy the ride.

### First Stop: Lessons Learned

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#### Seeing the Light I

by Armen Vardumyan

When you enter a dark room you see nothing and then you see light. Why is that? Well, when you enter a room that is completely black, your pupils stretch as far as they can to let light in. Then the light goes to your retina, to your cones and then to something that separates black light from the light of the other colors. Finally, the image goes through an optic nerve, which sends messages to your brain, telling your brain that you just saw an image.

For more information on the science behind your eyes, visit <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=1730>

#### Seeing the Light II

By Jacqueline Llanio

I figured out that people get into trouble more on the weekends than during the week. Back when I used to get into trouble I faced some bad consequences. Some of things I did included getting into fights and arguing with people.

The consequences I faced included not being able to hang out with friends and missing out on special occasions.

After I faced these consequences, I realized that there are better things to do than get into trouble. These are some things to do instead: go shopping with friends, go to the movies, eat out with family or friends, read an interesting book, listen to music or dance or go to an amusement park. These are ways I spend my time instead of getting into trouble.

Why did I change my mind? I made the decision to stay out of trouble because I realized that I have a future ahead of me. One day I thought of all the negative things I could do, and then I thought of all the positive things. After I thought about them, I made my decision to make my life positive and happy. I have started with my education.

### Second Stop: Friendships Formed

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**Karina Leanos:** In seventh grade, we were separated, but now we are the Three Musketeers. We are Jackie, Jessica and Karina. We were reunited at the beginning of eighth grade. We have had every class together. We have hung out together going shopping and to the movies. We have been there for each other when we have needed each other. We have helped each other through hard times. We will continue to be friends forever, I hope.

