

SHUTTLEWORTH TIMES

Inspiration through education!™

“Happiness lies in engaging in worthwhile activities.”

- L. Ron Hubbard

Natural History Museum

The three-level Natural History Museum, located in Exposition Park in Los Angeles, holds many wonders such as: the history of animals, fish, gems, and so much more. In the entrance, the large dinosaur skeletons greeted us. That quickly put things into perspective!

More than 2,000 gems and minerals were on display. Aaron watched as the ordinary looking rocks transformed into shiny gems. “I also learned that the volume of the gems are measured in carats,” he said. Ashley marveled at her gem of the month, the opal.

Birds from around the world dazzled Abby, Sophia and Vicky who compared the sizes of the bird eggs. Next, they lifted the bones of owls and hawks, “It’s so very light!” exclaimed Sophia.

The Saber-tooth cat exhibit was the highlight of the day. The Saber-tooth kitten puppet show depicted the kitten learning to hunt for prey. In contrast, the electronically controlled female, sabress, showed their struggle for survival tens of thousands of years ago right here in our sunny California. Kirsten explained, “If a Saber-tooth cat lost both his saber teeth he, for the most part, is defenseless



Courtney and Frank “looking” into the mouth of a dinosaur!

against enemies.” American history, actually Californian history, took on a new meaning!

Fabulous Fats!

Ever look at a label on a package and wonder what the trans fat; no trans fat; saturated fat and mono-saturated fats mean?

With simple explanations, diagrams and songs, nutritionist, Mary Tuscano, educated us with her DVD, *Fabulous Fats! Setting the Record Straight*. “In *Fabulous Fats*, the material is such a paradigm shift to what the current thought is, I realized that just saying the information would not be enough -- an internal reprogramming needed to happen” explained Tuscano. She discussed how important fats are and their vital roles in our bodies.

Many of us had no idea how fats help the body and are not the evil substances the media promotes them as. Aaron said he had no idea how fats help all parts of the body. He had heard of Omegas before, but had no concepts of which ones did what.

Without fats we wouldn’t be able to think clearly or grow our bodies healthily. Without fat our skin and hair dry out. And the biggest surprise of all was that all types of fat are healthy. According to Tuscano, without all the fats our bodies are out of balance. It was also amazing to learn how healthy coconuts are. Once done with the presentation, we all shared fresh coconut. We sampled the milk and then enjoyed the rest of the coconut. Yum!!!

CALENDAR

What?	Where?	When
Burbank Aviation Museum	Burbank	4/13
Open House	School	4/15
TV Turn-Off Week	Home	4/18— 4/24
Spring Break	School Closed	4/18— 4/22

Making Fossils

Tens of thousands of years of history uncovered and preserved sparked a new interest in preservation. The dinosaur bones, insects encased in amber and leaves imprinted in fossils had left their imprints, so, we decided to make our own historic imprints.

Teacher Armik had a bright idea. She brought out the flour, salt and water and in only a few minutes we made dough. Everyone rolled a ball and then made a round flat doughy surface.

Sophia gathered a toy fish, butterfly, lizard and a shell. She pressed them into her dough. When she took them out, she saw the lines of the shell and other impressions. The lizard's feet looked as if he had walked across "land". She saw the spots from the skin of the fish and exclaimed, "Look there are the wings of the butterfly!"

Next we made our own handprint fossils. We had recorded evidence of our handprints that could be preserved for many years to come in the same way that we saw the imprint of dinosaur's feet. That simple!

"Our fossils show we have five fingers," explained Armik. "My hand is bigger than Abby's," Vicky said and that sparked a whole discussion about sizes, shapes, and a new world of hands-on discovery!



Vicky putting the finishing touches on her "fossil".

YESS!

Youth Excelling in Spirit of Service

UNICEF—Help Japan

Cookies, cakes and more were baked and sold to help raise funds for the UNICEF relief efforts in Japan. Thanks to everyone who helped. Your help will bring vital and valuable relief!

Volunteers Needed!

Calling everyone to help celebrate National TV Turnoff Week: April 18 – 24. Turn off the TV and turn on life!

Special Thanks!

Special thanks to everyone who helped make our bake sale to help relief efforts in Japan.

Thank you Dionicio for our wonderful new turtle pond. They love their new playground!

Thank you Susan for your ongoing help with the after school activities. You help keep the children laughing.

Thanks again to everyone who helped with our fundraiser for the UNICEF relief efforts in Japan. Encourage family and friends to join in and donate too!

*Our classroom is not the world;
rather, the world is our classroom!*

Mary Shuttleworth, EdD
Founder

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