

# FIZZLPOP

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MAY 2013- FIZZLPOP NEWS

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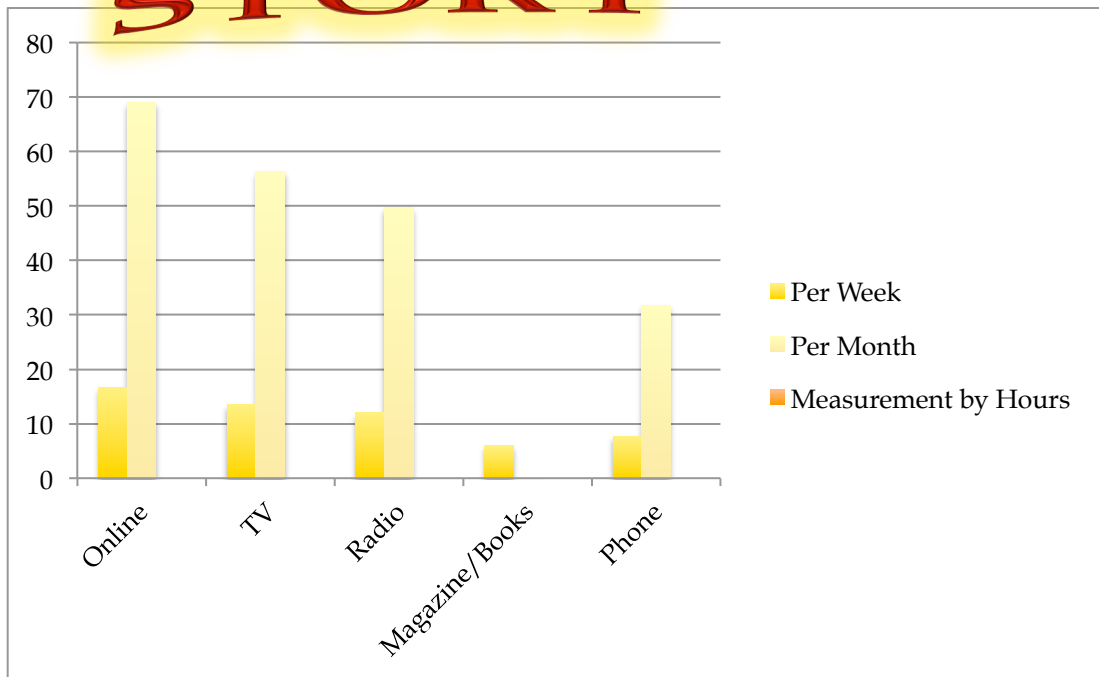
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## Updates

The next update will near the beginning of June. I am not quite sure of the exact date. I just know that it will be before June 10<sup>th</sup>.

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# BIG NEWS STORY



This graph shows the amount of time teenagers spend using technology. The age is between 13-24 yr. This measurement is by hours. Isn't that a ton?

How much time do you spend on a computer per day?

I know that I spend an hour a day on it because that is my limit.

Watching TV? I am a pro at that! I spend, like, 3 hours a day watching TV!

Or more! I'm not big on the radio, but I listen to my iPod Player songs ALL the time. Or just pop in a CD.

I read at least 4 Dork Diary books a week and then a different chapter book.

As for phone, I usually just text people, but that is so time consuming!

# PRODUCT OF THE MONTH

## Ninja Star Coat Hook



This product will make it look an awesome ninja threw a star at your head! This can hold hats, jackets, etc. Here is what

<http://www.thinkgeek.com/geektoys/japanfan/bb94/> says about the hook: “Each *Ninja Star Coat Hook* is made out of super strong, nickel-plated zinc alloy. One star tip is replaced with a screw, so you can just pick where you want it and screw it into your wall. It will look like a Ninja has attacked your office and you beat him so easily that you now mock his attempt by using his own weapons to hold up your coat. Wow, how did you get so awesome?”



## Straw Berry Julius

This recipe is from

<http://www.food.com/recipe/strawberry-julius-24088>  
and serves 2

### Ingredients:

1 cup [strawberry](#), sliced (Fresh is best, this is about 100-125grams)

1/2 cup [milk](#) (nonfat or lowfat okay)

1/2 cup [water](#)

1/4 cup [caster sugar](#) (about 50g)  
or 1/4 cup superfine sugar (about 50g)

1/2-2/3 teaspoon [vanilla](#) (extract or flavouring to preference)

### Directions:

- 1 Slice up fresh strawberries until you have enough to fill a one cup measure.
- 2 Add to a blender or food processor, or if you only have a stick mixer, just put it in a large pyrex jug.
- 3 Add rest of ingredients.
- 4 Blend until smooth.
- 5 You may want to try this a little bit cooler for summer days, omit the water and add a few ice cubes.
- 6 I only leave out the ice cubes because my food processor can't handle hard ice.
- 7 Also it does tend to separate if you leave it sitting around for a minute, Don't let this put you off, just stir it up a bit, it tastes the same, just tends to be more frothy at the top then.
- Read more:

<http://www.food.com/recipe/strawberry-julius-24088#ixzz1tCBrawvQ>

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It is so much easier to just grab a bag of chips and some soda for a quick snack. But why not take your time and have a nice, healthy snack? That is why I gave you a Strawberry Julius recipe this month. It is quick, healthy, and DELICIOUS! Take care of your body, but still be happy at the same time.

# SNEAK PEEK!!

## Be Active!

In June, prepare to be active! Though, you should be active already. This will be a competition to show us how active you are. You can send a video or Power Point about how active you are. We are accepting some stories, but you have to follow the details on the bottom of this page.



[http://coreldraw.com/cls-filesystemfile.ashx/\\_key/CommunityServer.Components.PostAttachments/00.00.11.53.57/soccerball1.png](http://coreldraw.com/cls-filesystemfile.ashx/_key/CommunityServer.Components.PostAttachments/00.00.11.53.57/soccerball1.png)

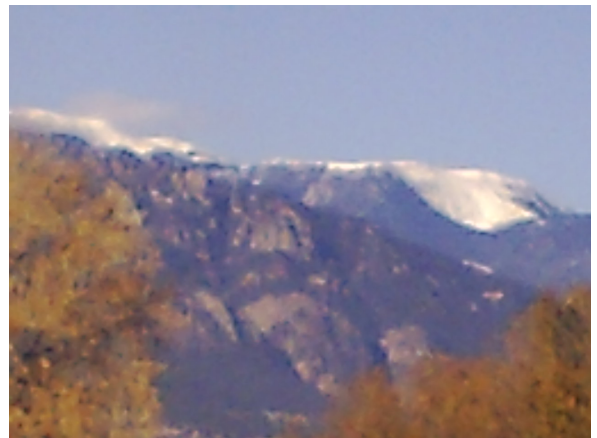
## The Details

Stories must be a minimum of 6 paragraphs. It can be about anything that includes outdoor activity. It can be fictional if you would like. Send videos, stories, and Power Points to [kid2car@hotmail.com](mailto:kid2car@hotmail.com) and include your email in it. Or, you can post your videos on YouTube under "FizzlPop Activities" and email me the link. The deadline is July 4<sup>th</sup>. This gives you a lot of time to make the video.



## What We are Looking For

Just send us your best active video! There are plenty of activities out there! Such as kayaking, hiking, camping, swimming, running, baseball, soccer, football, and rafting. Please send it to us at the place named in the details.



## Prizes

Obviously, the winners will be announced in the newsletter. There will be 5 winners. The prize will be announced next month for two reasons:

1. I don't have one picked out yet
2. It builds the suspense