

# GOOD NEWS SUNDAY FAIRFIELD

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This is our 24<sup>th</sup> edition of Good News Sunday Fairfield. We want to continue bringing you good news and heartwarming stories in these difficult times.

Linda Owens is a retired grocery department manager. But she does something else too. Linda has been a foster mother for 34 year taking care of over 80 infants. "It's a challenging job, but very rewarding," Owens said. With her supply of baby gear, she takes care of all the babies with a lot of love. Owens is one of the longest serving among the county's 500 resource parents. "She's always been very optimistic, always determined to give these babies the best possible start in their lives," said Dr. Hiramatsu the pediatrician that Owens brings the kids to. "She's turned out beautiful," Owens smiled. "It makes you feel good that you fulfilled your job." Owen was talking about one of the babies she had fostered that came back to her later to say thank you. She has also cared for three sets of twins.

A family went away for the summer. When they were away the smaller one of their dogs Chucky fell into the pool. The family decided to look at the security cameras and saw something amazing. The other dog Jessie saved Chucky from drowning! It took Jessie 34 minutes to remove Chucky. It took him this long because Chucky was wet and slippery. "It was heart-wrenching to watch," the family said. "We still struggle to watch that video today, just thinking of what could have happened if Jessie was not there."

Gloria Walker was diagnosed with late-stage bladder cancer. When her son Dustin asked her, what is one thing in the world she wanted to do she said that she really wanted to visit the pyramids of Giza with the whole family. Dustin who was a teacher couldn't afford to bring all 14 of them so he decided to start to sell cheese steak sandwiches. After he posted about it on Instagram, they got 94 people in a day and a food truck operator offered his services to. He made \$18,000 by the end of six weeks more than he needed! "The love, it's overwhelming, you know," Gloria said.

## Research

### Soap and Bacteria

Here you will learn about soap and bacteria and how to keep healthy.

#### 1<sup>st</sup> Part Soap:

Soap is a liquid and soled. It washes and kills germs. Water and soap can make it slippery and the germs and bacteria wash away.

The molecule of a bacteria or germ is like a soap's molecule. They both have a hydrophilic head and a hydrophobic tail. The soap molecules form around the bacteria and germs and attack them. Since soap is slippery when it forms around the bacteria water washes them away along with the soap and water.

Soap kills these things called membranes. Membranes are a flexible outer layer of bacteria and some viruses, even Covid-19. Since bacteria and soap have similar molecules, the soap goes flying into the bacteria's membrane and it splits it open. When that happens for bacteria, it dies right then and there then it gets washed away but for other things like viruses when that happens, they don't die but they can't infect any of your cells anymore.

#### 2<sup>nd</sup> Part Hygiene:

Hygiene is a part of being healthy, it is just important as the other parts of being healthy like, having a good diet, doing exercise enough, sleeping well and mental health like staying calm. Without hygiene it is hard to grow.

Germs, bacteria and more, are everywhere so always be on the look out and do not touch your face. Wash your hands often or hand sanitizer, take showers, brush your teeth etc.

Germs and bacteria are everywhere but some are harmless and even good for you and help you. Germs and bacteria usually on hot stick places like armpits, private parts, joints etc. Some bacteria are good for you there are some in your stomach that breaks down your food and those are good for you but when food in your teeth the bad germs eat in your mouth and make your breath smell bad and make a gas that makes holes in your teeth.

Washing space around you not only gets rid of germs but also makes you feel better. Washing clothes also helps. Good hygiene is awesome!

#### Fast facts:

- Bacteria and germs need their membranes to live or they will drop dead.
- Steve Jobs had poor hygiene that's why he would work at night.
- Soap kills some skin cells but that's okay because you get new ones every day.

Keep personal hygiene to avoid these diseases and to avoid spreading many others:

1. Athlete's Foot (tinea pedis)	5. Head Lice	11. Swimmer's Ear (otitis externa)
2. Body Lice	6. Hot Tub Rash (Pseudomonas Dermatitis/Folliculitis)	12. Trachoma
3. Chronic Diarrhea	7. Lymphatic Filariasis	13. Recreational Water Illnesses (RWIs)
4. Dental Caries (Tooth Decay)	8. Pinworms	14. Acanthamoeba keratitis (AK)
	9. Pubic Lice ("Crabs")	15. Ringworm (Tinea)
	10. Scabies	

**Quote of the week.**

"Do or do not there is no try."  
- Yoda

"I'll never turn to the dark side."  
- Luke Skywalker

"I don't believe it!" -Luke  
"That is why you fail." -Yoda

Name: \_\_\_\_\_

Created with TheTeachersCorner.net Word Search Maker

**Cinco de Mayo**  
Solve this word puzzle!

Q	T	D	T	L	V	M	Z	O	A	N	C	L	T	U	R	T	J	W	H
X	H	E	R	I	T	A	G	E	R	L	U	H	Q	F	O	F	K	M	P
D	R	C	Q	L	X	E	J	N	D	D	M	W	X	M	P	N	N	L	
K	W	J	Y	B	X	R	R	Q	Q	A	Y	A	D	I	L	O	H	I	H
R	A	O	A	S	P	U	N	T	D	O	N	M	S	S	L	N	I	P	S
R	J	I	O	U	G	F	U	B	O	N	A	Z	S	Q	N	E	X	R	G
C	Y	L	M	P	O	X	B	E	T	Y	T	L	J	H	B	Q	A	L	B
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BATTLE  
CULTURE  
HOLIDAY  
NATIONAL

CELEBRATION  
FIFTH  
MAY  
PUEBLA

COSTUMES  
HERITAGE  
MEXICO

## Announcements

The 4<sup>th</sup> of May is Star Wars day. This is a day celebrating the accomplishments of George Lucas. People usually dress up as characters from the movies or make Star Wars themed things. Go to [www.starwars.com](http://www.starwars.com). Maybe even think of your own activity. May the fourth be with you!

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As you might know Cinco de Mayo is coming up! There is a common conception that Cinco de Mayo is celebrating Mexican Independence Day but that is actually on September 16. Cinco de Mayo is actually about the Mexican unlikely win over the French at Puebla. Now Cinco de Mayo is celebrated more in the US than in Mexico with mostly big cities and Puebla celebrating it in Mexico. Cinco de Mayo started to gain popularity in the 1950's and 1960's. People say this is because of the Good Neighbor policy, when the US started reaching out to neighboring countries. The 1980's is when Cinco de Mayo started and became commercialized. "Cinco de Mayo gives everyone a chance to feel like a single community."

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### **ABOUT US**

We hope you enjoyed this newsletter. Prepared by Sofia (9) and Luke (11). If you like this, if you want to receive in digital format or if you don't want to receive it all, please email us at [goodnewssundayfairfield@gmail.com](mailto:goodnewssundayfairfield@gmail.com). Follow us: @GoodNewsSundayFairfield and visit our website [www.goodnewssundayfairfield.com](http://www.goodnewssundayfairfield.com).

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Have a great Sunday!