

# SunnyStories



*Hey. It's me again. Niota Days.*

I hope that you like reading the magazine. But maybe your are wondering who all works together to make this magazine what it is? Niota is on the case!

Here is what I found:

Ranelle: Editor

Chelsea: Ellie's Guide to Everything

Sarah: Dinner Is Served!

Hanna: Hanna's Health

And the most treasured person who helps make the magazine? You. If you send in articles, you are one of the most treasured people in the magazine. Maybe you don't submit a monthly article, but the volunteering and working together are what this magazine is all about. We people and stars here at Real Appeal appreciate all the time donated out of everyone to help make Real Appeal the success it is. We are all proud of you. Never forget that. YOU helped make Real Appeal one of the coolest things ever! And people can't wait to see someone volunteering and doing something good! That is why Real Appeal does not charge anything for its issues. The only thing paying off is success. Thank you so much, and we are all looking forward to another great year.

From The Staff At RA Base,

Ranelle, Sunny, Jason, Niota, Cheryl, Fred, and Davis

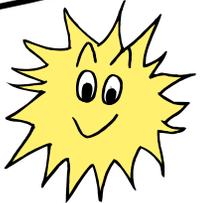
*"We are all champions if we try."*



## New!!!

### Dinner Is Served!

By  
Chef Sarah on Page 3



I'm Sunny's Cousin!

### Sunny's Cousin Comes to visit!!! WE'RE ALL DOOMED!!!

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# Real Appeal

► Fall Issue

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## September 2007

## Sunny Days's Page



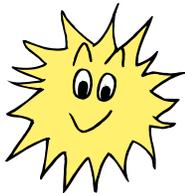
Hello. Welcome to Sunny Days's Page. Do you know what happened? DO YOU KNOW WHAT HAPPENED!!! My dumb cousin came over. His name is Doug. Come on out Doug, the people out there aren't scary.



Doug: I...can't...do...this.  
Sunny: Come ON Doug, you don't look *that* bad.  
Doug: I...won't...come...out.  
Sunny: Alright I'll force you out.



Doug: Noooooo!  
Sunny: Whoa Doug, you're getting really nervous. Your heating up. Now you can do it.  
Doug: No. I...can't.  
Sunny: YOU CAN DOUG! JUST WORK WITH ME FOR ONCE IN MY LIFE!!!



Doug: Okay.  
Sunny:(gasping) You...persistent...little...booger.  
Doug: Hey, I like it out here. Maybe I could be the next mascot of Real Appeal when Sunny retires.  
Sunny: Only problem, I'M NOT RETIRING ANY-TIME SOON!

Doug: So.  
Sunny: So. SO. SO! SO!!!  
Doug: You need to control your temper, Sunny.  
Sunny: Control my temper? CONTROL MY TEMPER!!! AL-RIGHT DOUG! YOU LIT THE FUSE! SO NOW I WILL EX-PODE!!!  
Doug: Right. And I'm supposed to do what about it?  
Sunny: (builds up anger but lets it out slowly) Okay, just relax  
Sunny. Thanks for reading my page.  
Doug: Bye!

## Real Appeal

### News Flash

Have a question about your life? Ask Ellie!

E-mail: [elliehasyourback@hotmail.com](mailto:elliehasyourback@hotmail.com)

If you know who this picture looks like, you have the SunnyCode for this month!!!



Hint: He can't stop smiling!

You can e-mail your articles to:  
[smilemiles96@hotmail.com](mailto:smilemiles96@hotmail.com)

Have something you want everyone to know? Put it on News Flash!

# ► Fall Issue

## Poll



Hi! It's me! I shook off my cousin a few minutes ago and I have just enough time to tell you about this poll. Which Sunny Days do you like the best? You know, like the pictures?

### Poll #1: Which Sunny Do You Like The MOST?



To enter:

Name:

SunnyCode:

Which Sunny You Like The Most: \_\_\_\_\_

Circle One:

I have submitted an article          I haven't submitted an article

Please give it to me ON A SEPARATE SHEET OF PAPER!!! Or, you can e-mail it to me. The results will be posted next month. You cannot choose the normal Sunny Days.



## Real Appeal

### Dinner Is Served!

Hello! We are now old enough to kind of start cooking by ourselves. Chef Sarah is here to help!

On Today's Menu: Kitchen Safety Tips

1. Put all knives and other sharp tools in high places. But make sure they can't fall off and hurt someone.
2. Make sure you label kitchen cleaners poisonous or put them in places where kids can't see or reach them.
3. Keep the kitchen clean, you never know what someone could slip, trip, eat, fall, or get into! It also looks nicer.
4. Labeling things can also help to not mix up anything, and it helps prevent mixing two wrong things together.
5. Make sure if you seal something, you close it very tightly. You don't want it to be rotten, spilled, mixed, or hurt someone's health.
6. **Have a smoke detector in the kitchen.**
7. If you have a pot with a handle and you are using it on the stove, make the handle face towards the back. Little children can see them and pull it and get seriously burned.
8. If you are feeding smaller children, make sure you cut their food (like carrots) into small pieces.
9. If you are doing a food activity in the kitchen always wash your hands before and after whatever you are doing.
10. Be safe. If you are unsure about something in the kitchen have an adult help a couple of times. Then go solo.

That is all for now.

Be Careful,  
Chef Sarah

Next Month: Healthy Snack Alternatives



## ► Fall Issue

### Quiz

1. If you could be one animal of the following, what would you be?

- A. Hawk
- B. Dolphin
- C. Wolf
- D. Cheetah

2. Quick! Pick one!

- A. Unity
- B. Wisdom
- C. Courage
- D. Power

3. If you could do one of the following, what would it be?

- A. Fly
- B. Swim For A Very Long Time Without Breathing
- C. Sleep Anywhere You Want Such As On Plain Ground
- D. Run As Fast As The Wind

When is your B-day? (Month, Day, and Year)

\_\_\_\_\_

What is Your name? \_\_\_\_\_

Fill this out urgently as you will be given the results individually

You have 14 days to return this to Ranelle.

Time is ticking. Return this urgently. It is very important.

## Real Appeal

### Hanna's Health

#### Health Tips

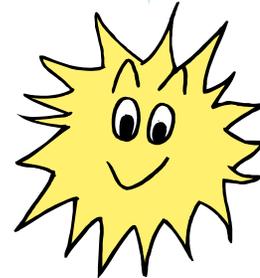
School has started. Time to see if you are keeping good cleaning habits.

1. Wash hands often (Tip: Put some hand sanitizer in locker.)
2. Cover your cough (Tip: Coughing in your shirt or elbow)
3. Don't sneeze on people (Tip: Keep a tissue handy!)
4. If sick don't go to school. (Tip: Using these tips will help you so you won't miss school!)
5. Exercise and eat healthy! (Tip: Eat plenty of fruits and veggies, and get a breath of fresh air every day.

These tips will keep you healthy! Yes, even you Sunny!



*What!? I have good cleaning habits!  
Achoo! Whoops! Sorry Doug.*



*Ah, that's all right. Achoo! \*Sniff\* I don't  
feel so good...*