

# Amazing Kids

You're never too young to live your dreams and make a difference.

As we start the New Year, we also celebrate the many kids in 2018 who have done some amazing things. They include activists and entrepreneurs.

## Aidan Puffer

Aidan Puffer's father trained for 5,000-meter races, also known as a 5K. Little did the family know, Aidan was about to be a world-record-breaking runner.

His first world record was in the 5K on a track for 11-year-old kids. Two years later, he broke another one, the 5K road world record for 13-year-olds.

Aidan runs 30 to 40 miles a week.

"The more you improve, the more you want to get better," Aidan says.

## Delton Myers

South Carolina fifth-grader Delton Myers is working to educate other kids about mental health. He published a book called "The Invisible Injury" about childhood depression.

Depression is not simply feeling sad. Its symptoms last for a long time. People can experience mental illness like depression even when things seem like they are going well. It is often connected to chemicals in the brain. Most mental illnesses can be treated by doctors. However, asking for help can be hard for some people.

"During family tragedies and tough times, parents often tell kids to be quiet or their feelings are just never addressed," Delton said. "We need to let kids know it's OK to talk about their feelings and they can get help."

## Jamaria Crump

Baltimore, Maryland, sixth-grader Jamaria Crump has taken the lemonade stand to the next level. The 11-year-old spent a year perfecting her top-secret lemonade recipe.

Her special lemonade has helped make her all-things-lemon business, LemonTopia, a hit.

It started out as a hobby. Now, she's turning it into a business.

## Riley Morrison

Nine-year-old Riley Morrison is a basketball player. She is a huge fan of the Golden State Warriors basketball team. She is also a major fan of

Stephen Curry, the team's star point guard.

Riley went online with her dad to buy a pair of Curry's new shoes. She was disappointed to find that the only kids' versions were for boys.

She wrote Curry a letter asking if he would work with athletic clothing company Under Armour to provide the shoes for girls as well. The letter soon went viral on social media.

It wasn't long before Curry responded to Riley with a letter of his own. He said he was working with Under Armour to make sure the shoes were available for boys and girls.

## Shelby O'Neil

Seventeen-year-old Girl Scout Shelby O'Neil wants to keep plastic out of the oceans.

Plastic straws and cup lids are too small to be recycled. They are made to break down more quickly than other plastics. Pieces of these plastics end up getting eaten by fish and other sea life.

Shelby appealed to companies that often produce this plastic waste. They included San Francisco-based Dignity Health, Alaska Airlines and Farmer Brothers coffee.

Some of them promised to reduce or eliminate the plastic they help produce.

Shelby said she wasn't scared to stand up to the companies.

"If no one else is doing it, then I'll do it," she told the Washington Post.



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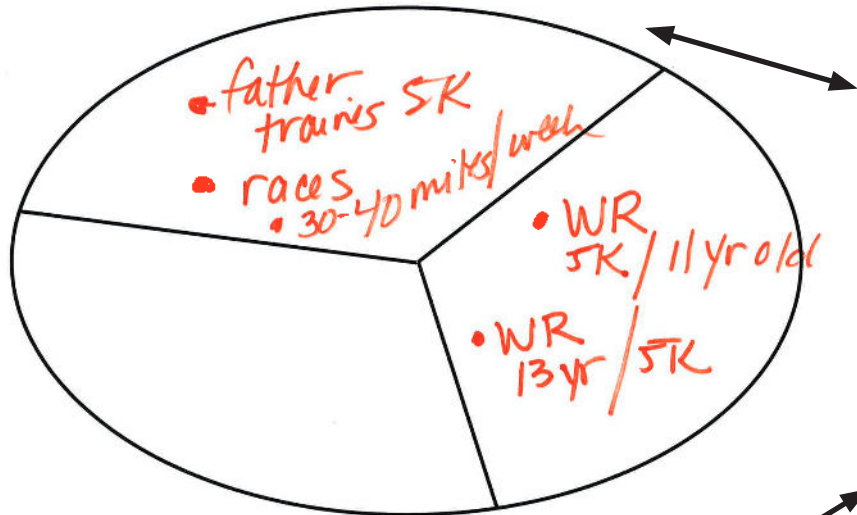
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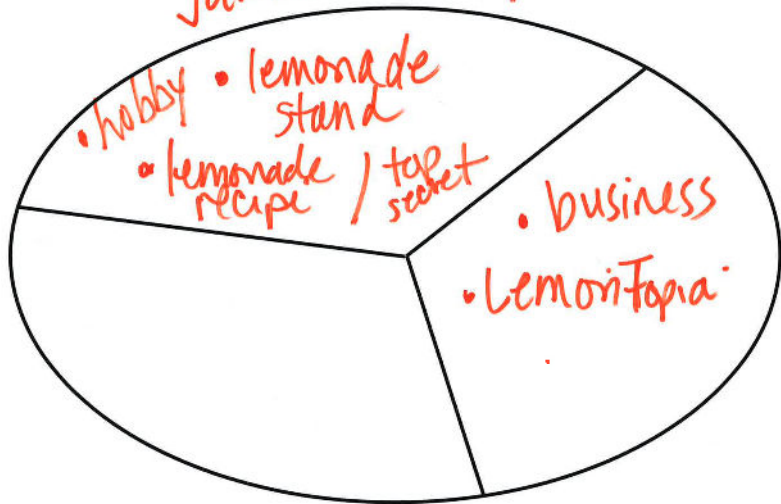
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Aidan Puffer



Jamania Crump



**Title**

Kids are doing amazing things.



Aidan Puffer runs races like his dad and has broken world records.



Jamania Crump started her business, LemonTopia, with her top-secret lemonade recipe.

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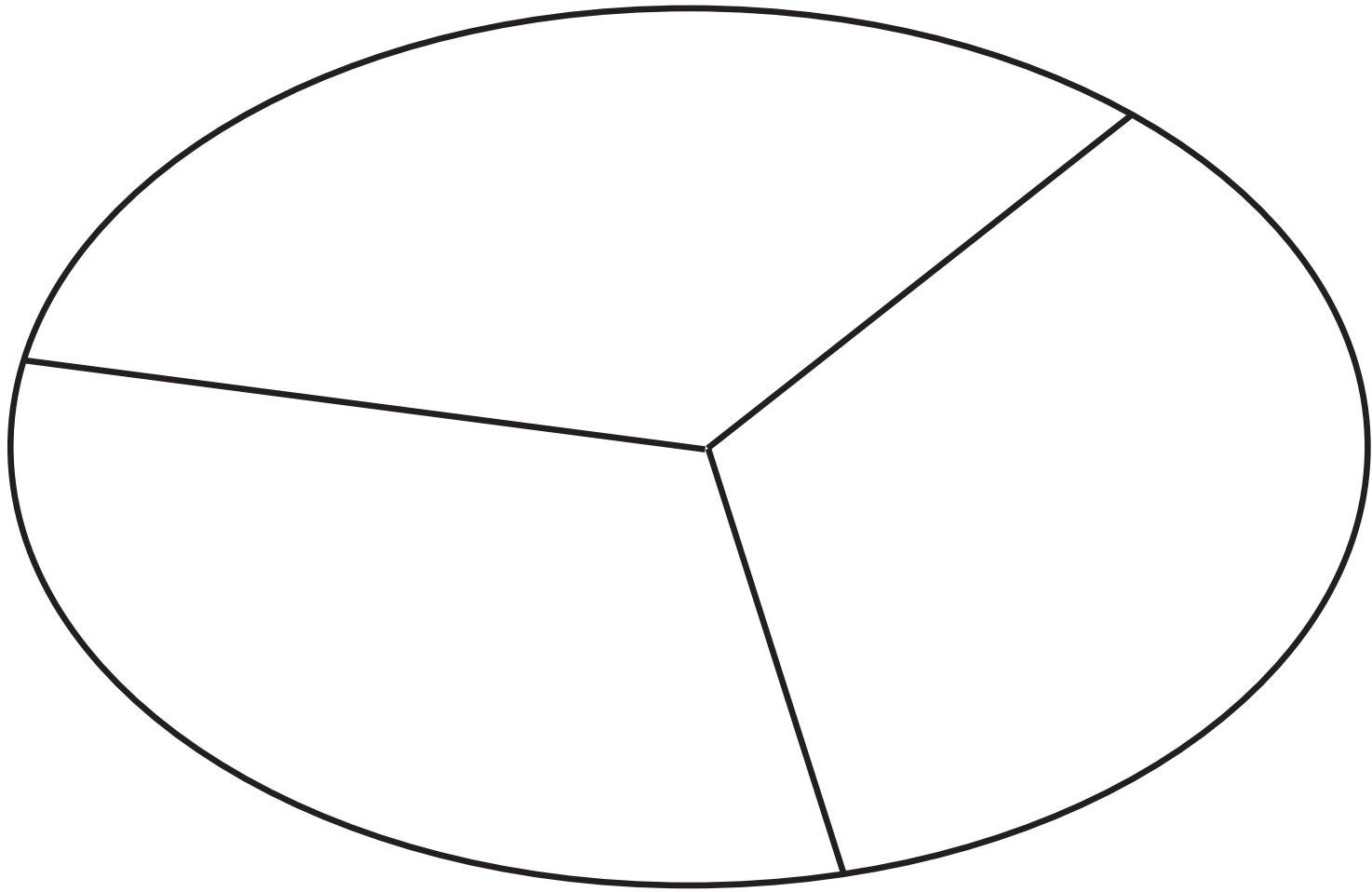
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Write your one-sentence summary here.