

# Seeing Spots Newsletter

EDITION 2

LIME KILN MIDDLE SCHOOL

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## Sleep

By Eli Stettner

The average teenager needs nine hours of sleep every night. However, it's no secret that the vast majority of us (including me) don't get those hours. One of the reasons that teens have trouble sleeping is because of the body's day/night cycle that can make it hard for teens to fall asleep before 11 pm. But, there are ways to get to bed earlier! Keeping to a regular sleep schedule is extremely important for getting enough sleep. Additionally, everyone should get off screens at least an hour before bedtime. Exercise during the day and taking hot showers can also help you feel "sleepy". You may ask yourself, "Why do all this?" This answer is quite clear. Sleep deprivation can affect mood, behavior, cognitive ability and academic performance. Schools can also help teens to get enough sleep by starting school at 8:30, as recommended by the American Academy of Pediatrics. For parents looking for guidance, John Hopkins has a very helpful article on this issue (link below). Sleep deprivation is an epidemic in our middle and high school that must be stopped.

<https://www.hopkinsmedicine.org/health/healthy-sleep/sleep-better/teenagers-and-sleep-how-much-sleep-is-enough>

<https://www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-in-adolescents>



## Do We Still Need Daylight Savings?

By: Grace Morris

Daylight Savings was invented by Benjamin Franklin in 1918 and created for people near the north and south poles who have longer hours of day in the spring and summer time. In the U.S, we set our clocks forward an hour on the second Sunday of March and set them back on the first Sunday of November. However, many people are done with daylight savings. Arizona and Hawaii don't give it a thought and California and Florida want to be finished with it completely. Some say that we still need daylight savings, but do we really need it? **Yes.** "The main purpose of daylight savings is to help us make better use of daylight" says researcher, Aaron Lopez-Martinez. Even though a 2014 study found that adults can be at risk to certain health problems, there are benefits to having more light in the evening. Daylight Savings lets kids and adults be more active during the day, and people living in the poles have shorter hours of daylight. Additionally, the savings allow us to save on electricity since there are longer hours of daylight, and it encourages people to shop, which benefits the economy.



## Tesla Model 3

By: Timmy Bussey

The newest car from Tesla (the model 3) is a long range car with three distance options. The price for long range is \$49,000, \$55,000 for long range AWD, and \$64,000 for the performance. This car is battery powered like all of Tesla's cars. In the Autopilot package you get cruise control and lane keeping assistant. This car is a sedan model much like the model S. The model 3 is the cheapest tesla of the 3 models (model S, the model X, and of course, the model 3) .



## Self Lacing Nike Shoes

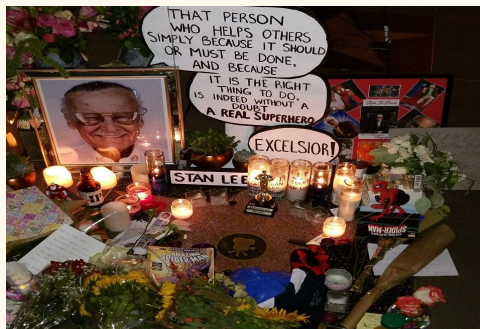
By:Rahul Goyal

Welcome to the future of footwear! On November 28, 2018 Nike released the new self lacing shoes. Inspired by the shoes worn by Marty McFly in Back To The Future, these shoes are expensive at \$530! Currently, the name of the shoes are E.A.R.L standing for Electro Adapting Reactive Lacing. Although not many pairs have been sold, several people are fascinated with the new introduction. Nike's E.A.R.L automatically tighten or loosen when you touch one of the two buttons on the sides of the shoes. With LED lights on the back and sides of the shoe, consumers predict that almost all kids in the near future will have at least one pair of these self lacing shoes. While the specific details are unknown, Nike is slowly releasing information on this new high tech footwear.



## R. I. P. Stan Lee: Marvel Comics Legend

On November 12, 2018, at the age of 95, Stan Lee, the author of Marvel Comics, died. His movie cameos are well known throughout the entire movie industry and appear in all of the Marvel movies. He is the creator and author of many superheroes like Spiderman, Avengers, Fantastic Four, Iron Man, and X-Men. Stan Lee's favorite superhero he created was Spiderman. His reasoning was, "He's just an ordinary guy. And underneath all this wonderful exterior, I'm just an ordinary guy." Most of Stan Lee's comics are now movies and some of them have broken records in the movie and Hollywood industry. Famous actors have made their debut as some of the fantastic superheroes portrayed in the Marvel Cinematic Universe (MCU). The world mourns for Stan Lee and will remember him for his "marvel-ous" characters and cameos he gave the world



## George H. W. Bush: A Man Devoted To His Country

By Isabelle Ives

George H. W. Bush. The United States 41st president, former vice president, and youngest pilot in World War II, died on November 30, 2018. Wednesday, December 5th was declared as a national day of mourning. His funeral was held in both Washington DC and Texas (where he will be buried). Even though Bush was born into a rich family, he and his siblings were brought up to believe in giving back to the world. Bush left college to enlist in World War II, becoming the youngest aviator to fight. However, George H. W. Bush wasn't always working. At the age of 90, Bush parachuted out of a plane attached to Sgt. Mike Elliot. He had always loved skydiving and wanted to do it one last time before he died, making a total of eight jumps throughout his lifetime.



## Celebrating 90 Years Of Mickey Mouse At Art Exhibition In New York

By: Serena Goyal

Mickey Mouse is an iconic figure of the Walt Disney franchise who recently turned 90. In honor of his contributions towards the entertainment industry, a museum in Manhattan, New York celebrates Mickey's birthday in a 16,000 square foot art exhibition! This immersive museum includes work from over 20 contemporary artists, and is now open from November 7th, 2018 to February 10, 2019. Come honor Mickey by viewing artwork, revisiting childhood memories, and even enjoying a slice of birthday cake!



## Be Blends

By Anna Strub

Looking for handmade bath, body, and home products or unique gifts? Stop by Be Blends on Main Street Ellicott City! Be Blends is a boutique with wellness services, classes, and workshops. Some of the profits will go to neighboring schools such as Cedar Lane. Their products include aromatherapy bracelets, essential oils, deodorant, moisturiser, lip balms, soaps, and candles. A few scents of the candles they sell include bourbon glazed apple, earl grey and apple, eucalyptus mint, exotic mandarin, just vanilla, and lemon pound cake. Be Blends also has a facebook <https://www.facebook.com/beblends/> Check out their cool website and see complete application instructions for all of their swag handcrafted blends at <https://beblends.com/>.



## Bacterial Phages?

By Michael Liu

Before 1928 individuals were troubled by horrific abnormalities identified as bacteria and viruses. Back then a single cough could result in guaranteed passing of a virus or bacteria, numerous perished because of this. One day scientists found antibiotics by nature, a mighty weapon that eliminates all bacteria. We commenced to use it for illness and diseases, but later people got more sloppy and began to use it for a cough or sneeze. Ultimately, the bacteria evolved to be resistant to antibiotics. Over time this was termed as Superbugs, a bacteria that is resistant to practically every antibiotic we possess.

Today, a new strain-the bacteriophage or also known as a phage has emerged. Phages kill about  $\frac{1}{3}$  of the oceans bacteria every day. A phage is a virus that hunts and kills a particular bacteria. They target their victim then strike, attach, inject, and release. Antibiotics eliminate every bacteria insight good or bad. However, phages are similar to homing projectiles that attach and attack one type of bacteria.

The first human trial was on a fellow that didn't have any hope left. They injected the phages that sought the illness in his chest cavity. After injecting the phages the man survived. We don't have the exact science or method because it is difficult to get companies to spend billions on experimentation. You might assume that the bacteria will evolve to be resistant to phages, but they won't because phages similarly evolve as well. If bacteria does become immune to phages they will have to decrease their immunity to antibiotics. By 2050 bacteria is expected to kill more humans than cancer. To learn more check out this video on Youtube- The Deadliest Being on the Planet- The Bacteriophage.

<https://www.youtube.com/watch?reload=9&v=YI3tSmFsrOg>

## Creed II

By: Olav Jensen

Creed II is about a boxer named Adonis Creed (Michael B. Jordan) who accepts a challenge from Viktor Drago (Florian Munteanu) who is the son of Ivan Drago (Dolph Lundgren). Adonis feels obliged to avenge his father by beating Drago. Adonis is being trained by Rocky Balboa (Sylvester Stallone) a former Heavyweight Champion who feels responsible for Apollo's death. Adonis is also going to marry Bianca Taylor (Tessa Thompson) who has a progressive hearing disorder. Steven Caple Jr. will be directing the sequel of Creed in this movie franchise.

I watched this movie and I thought it was really great. It has great drama and the boxing matches shot with a new camera positions during the fight scenes make it look a lot like an actual battle. The movie isn't a copy of Rocky IV, but creates a new original story and gives more meaning into why Creed and Drago are fighting. I would rate this movie a 9/10, but the Rotten Tomato score is 81%. I would highly recommend this movie. Take a look at the trailer: <https://www.youtube.com/watch?v=ovFpFtZ2Tvk>



## Ipad Pro 2018

By: Timmy Bussey

The brand new iPad Pro is a technologically advanced tablet. The iPad now has face ID in place of touch ID. The screen is a liquid retina display, and has a brand new A12X chip that makes it very powerful. In addition, you can have two apps open and still be on facetime. It now charges with USB cord so you can connect to your other devices at once to transfer data and pictures. This is the new iPad Pro.



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## **Chief Editor:**

Serena Goyal

## **Junior Editors:**

Rahul Goyal & Anna Strub