

2 0 1 7 E D I T I O N 3

# SEEING SPOTS NEWSPAPER

LKMS QUARTER 3

## *Which Season is Scientifically the Best?* *By: Clare Chung*



What is your favorite season? Do you like windy fall, frosty winter, breezy spring, humid summer, or all of them? Well, recent studies have shown that spring is scientifically the best season. Here are 6 reasons why spring is the best season:

1. Spring marks the end of bitter cold and the start of more sunshine. The extended daylight hours can increase your dopamine. Dopamine plays a large part in boosting your memory, well-being, confidence, and pleasure.
2. The nice spring weather gives you plenty of opportunities to go outdoors. Being active outside can decrease the chance of getting diseases, making you feel better and keeping you healthy.
3. The sun exposes you to more vitamin D, a very important vitamin that helps keep your bones, muscles, hair, skin, and other body functions working properly.
4. Crime rates are actually lower in the springtime. There is an 11% lower rate of household or motor vehicle burglaries during the spring than any other season. Also, assault rates are higher in the summer and fall than during spring.
5. You can see more baby animals in the spring. Seeing cute animals can make you more lively, cheerful, and brighten your mood.
6. Unless you are allergic to it, pollen is also a great benefit of spring. Pollen makes our immune systems stronger and helps to prevent certain addictions.

So get outside and enjoy the great springtime weather!

## *Avoiding Stress*

*By: Mollie Raymond*

Finals are coming up soon, meaning a lot of stress for a lot of students. Thankfully, there are ways to avoid falling into the trap of test-induced anxiety! Here are four techniques that improve productivity when studying:

1. **Read before going to sleep-** It's scientifically proven to help! Much like a bedtime story, studying a little each night before bed helps you to retain what you've learned. This occurs because new information is processed in the brain during sleep. Just be careful not to read *in* bed because this can mess up your sleep cycle.
2. **Study in short sessions with frequent breaks-** Sitting down to study for long periods of time makes the brain tired from focusing too long. Aim to study about 40-60 minutes before a break, but no more than 90 minutes at a time.
3. **Stay away from distractions-** Always study in a quiet environment with diversions put away. Put your phone away and try to stay away from anyone who you would want to talk to. You can even make your environment better by listening to music or white noise made to help you focus.
4. **Create a study routine-** If you get in the habit of studying every day for 15 minutes the week before a test, it will be easier to memorize what you need to know. Your brain naturally responds to repetition, so it's a good idea to practice frequently.

## *i-Creamy's Gelatos Are a Delicacy Like No Other*

*By: Aminah Malik*



Pichaporn Sapsittiporn and Sasinuch Lapwongpaiboon, co-owners of i-Creamy Artisan Gelato shop in Sydney, Australia, create gelato out of the most delicious Asian-inspired ingredients. However, their tasteful creations are not the only reason they attract enough customers to wrap around the block. Many people crowd into the store to admire the roses created from the gelatos before their eyes.

First, customers order their desired flavor and then watch as the gelato is scooped and slowly formed into the rose. The base of the rose is formed by a regular scoop of ice cream being placed into the cone. The artists then use a shoehorn spatula to create the petal shapes from the ice cream, which are then pressed onto the cone. For realistic purposes, the petals get increasingly larger the closer they are to the outside. However, creating these masterpieces is a rather time consuming process, so the store offers traditional ice cream scoops for those who are impatient. However, most people don't mind the extra thirty seconds or cents to get their own gelato rose.



## *Roaring Leopards and Our Every Move*

Hey Lime Kiln Leopards, Leo's back and I wanted to talk to you guys about being positive because it can turn your day around. Wouldn't it be cool to start a positivity challenge in order create happiness!

Each day try to complete a random act of kindness because it will put a smile on your face as well as someone else's!

Day 1: On a scale from 1-10 how happy are you?

Task: Think about why you did not give yourself a 10. Start to think about actions you can take to get closer to 10.

Day 2: Who is one friend you appreciate having and why.

Task: Tell your friend that you appreciate them. Take some time to think about how you can fully express your appreciation.

Day 3: What is one thing that has been frustrating you lately? How can you overcome it?

Task: For the ways you have a come up to overcome your frustrations, put them into motion.

Day 4: What do you love most about your mom/dad?

Task: Do something nice for your mom or dad today. Thank of lessons and things are they have taught you.

Day 5: What makes you smile?

Task: Do something fun though to make you smile today!

Please try out these tips for one week. I hope it makes you smile it makes you happy and sparks some positivity in your day!



# *History of the Birdhouse*

*By: Matthew Bridges*

Birdhouses have been part of Western culture for hundreds of years in both North America and Europe. Over the centuries, baskets and clay pottery were used as the initial birdhouses in Europe while birch bark was used in North America. The first use of man-made birdhouses in history was around the 15th - 16th century. In Turkey, birdhouses were built for sparrows and swallows during the pre-Ottoman period. They were made of bricks, tiles, wood, stone, and mortar. Birdhouses in Turkey were often built into the façade of the building and complemented the architecture surrounding it.

Birch bark was the main material used to build birdhouses by Native Americans along the east coast when English immigrants arrived in the 18th century. The purpose of these birdhouses was to shelter the birds from harsh weather and increase the number of birds in the area. That was not always the case. Birdhouses in some places in Europe were used initially as a trap to capture eggs and even birds. These birdhouses were typically made of clay and were built like a vase. When the early colonists came to Williamsburg, Virginia there were interested in attracting birds for pest control. Bird bottles about 8.5 inches long and having an entrance hole of 4" were turned horizontally and mounted on the side of buildings. These birdhouses were advertised in a 1752 paper and were found in an inventory list from 1746.

Why do birds use birdhouses in general? Birds are looking for nesting cavities because they provide shelter for birds from predators. There are two kinds of cavity nesters: those that create their own nesting cavities (primary cavity nesters) and those that use pre-existing cavities (secondary cavity nesters). Insects or pathogens have also been found to assist in formation of cavities that are used by cavity nesters.

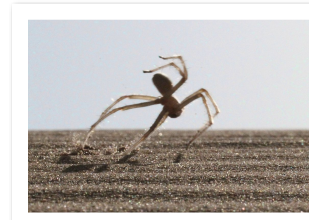
The amount of forested land in North America has greatly decreased over the last 200 years due to agriculture and urbanization. Many trees that have nesting cavities are not structurally sound, and are cut down in to prevent damage to property. As a result, there is a shortage of suitable nesting sites for both primary and secondary cavity nesters. Birdhouses have been used as a solution to the lack of natural cavities. Finding a birdhouse designed specifically for the favored bird is key to success. Bird species prefer different nesting conditions, whether it is the size of the entrance hole or the height the birdhouse is placed off the ground.

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## *Newly Discovered Species*

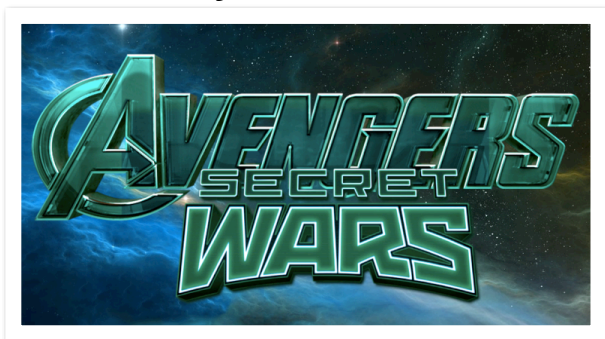
*By: Winston Park*

- 1) Car Sized Stingray Found: A HUGE stingray was found in Thailand, which takes the cake as the biggest freshwater fish ever. It has an estimated weight of 700 to 800 lb.
- 2) 2 New Species of Vampire Crab Discovered: A vampire crab is a common pet in Indonesia, but for the rest of the world, it is a new discovery. The bizarre colors on their carapace(shell) attract aquarists to Central Java. Experts say that there are more species of Vampire Crabs to be discovered in Indonesia
- 3) Cartwheeling Spider found in Morocco: A new species of spider (*Cebrennus rechenbergi*) has been found in the deserts of Morocco. When in danger, it cartwheels its body away from the threat and retreats into its tower like structures it builds in the dunes using silk. It's incredible gymnastics allow it to move at two meters per second, which is twice the speed of it walking. This spider should be at the olympics!



## Avengers Secret Wars Movie 2017 Rumor

By: Olav Jensen



There has been a rumor of a new Marvel movie coming out soon called, Avengers Secret Wars. This will be a huge step forward in the Marvel Studio career. The Marvel Secret Wars comic book special that came out in May 1984 and ended in April 1985 is considered one of the best comic book series ever. There were twelve of these comics filled with fascinating action scenes, powerful romance, and a great story about many heroes including the Avengers, X-Men, Fantastic Four, and your friendly neighborhood Spider-Man fighting against many villains that included Doctor Doom, Molecule Man, Ultron, Galactus, and The Wrecking Crew brought by the Beyonder, a powerful being that can imagine things that come reality, to the Battleworld. The battles between these two sides were never ending. Until (Spoiler) Doctor Doom took control of the Beyonder's powers and inherited the power of an infinite being. With this power Doctor Doom restored his scarred face and took control of the Battleworld. The Heroes and Villains make an uneasy alliance to stop him. In the end Captain America made a heroic stand against Doom and hit Doom with his vibranium Shield. When Doom was defeated, Mr. Fantastic aka Reed Richards found a way to get them all back on earth. But unfortunately one person had to stay behind to teleport the rest. That brave soul was the Thing. Ben Grimm was that man to save the rest of the villains and heroes. So it would be amazing if this rumor is true.

## Spring Riddles

By: Maddie Antevil

R: What flower grows on faces?

R: What time do apes fall from the sky?

R: How many eggs can you put in an empty basket?

R: Can February march?

R: What does the big flower say to the little one?

R: What do the letter A and a flower have in common?

R: What falls but never feels pain?

R: What kind of garden does a baker have?

R: Why did a farmer plant a seed in a pond?



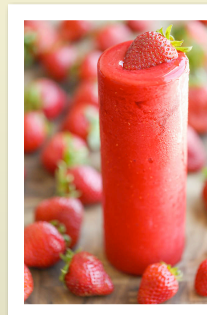
## Lemonade Strawberry Smoothie

By: Kiersten Jewell

### Ingredients:

1/2 cup sugar  
2/3 cup lemon juice  
3 cups frozen strawberries  
1/2 cup vanilla yogurt

1. Combine sugar and 1/2 cup water in a medium saucepan over medium heat, stirring until the sugar has dissolved; let cool.
2. In a large pitcher, whisk together sugar mixture, lemon juice and 1 1/2 cups water.
3. Combine strawberries, yogurt, lemon mixture and 2 cups ice in blender until smooth.
4. Serve immediately.



# Spring Sports News

By: Nick Orlando

Spring is here! Major League Baseball is up and running. Projections for the 2017 season are the Red Sox dominating the American League, and the Cubs ruling the National League. Many teams picked up key players in free agency. At the top of the standings stand the Indians with big pickups.

Secondly, March was mad for basketball! After a heart-breaking loss in last year's NCAA final, the North Carolina Tar Heels win the men's title for a record-breaking sixth time. South Carolina won the women's NCAA title for the first time. Both South Carolina teams (men and women) made it to the final four. Gonzaga reached its first final four ever. Oregon, an underdog, reached its first final four since 1949!

Finally, the NBA playoffs are here! The Warriors and Spurs are the favorites in the west. In the East, the Celtics and Cavaliers are on top, with the Wizards trailing right behind. The Wizards ended the season with one of the best records in the East and improved greatly from last year. Bradley Beal is one of the most improved players in the league, and Markieff Morris, Kelly Oubre, Jr., and other additions have made a huge difference.



## Back to the Moon

By: Julia Monthie

Last visited by Apollo 11 in 1969, NASA's next space adventure might travel back to moon using a lunar lander called the Blue Moon. As of January 4th, 2017 a privately owned and funded aerospace company called Blue Origin, funded and founded by Jeff Bezos, creator of Amazon.com, offered to help fund NASA if they switch their research focus to the moon. If NASA accepts the offer, the mission will not only find more information on the moon, but also help with future missions of sending humans to Mars.

Blue Origin's plans to partner with NASA include sending a robotic lander through to the moon's south polar region by 2020, but unlike the previous missions, it will not carry humans. Instead, its initial landing will be used to collect lunar ice and other samples. Its 10,000 pounds of payload will allow the craft to bring rovers to conduct simple research and collect samples and data. In addition, the plans also include creating a cislunar (between Earth and the moon) space facility that will conduct research and send messages from Earth to beyond. The hope for Blue Origin is to create a shipping system to and from the moon— much like Amazon, and to lay a foundation for further missions to allow humans to expand their existence father into the solar system from Earth.

NASA and Blue Origin are not the only organizations interested in resuming research and landings to the moon. Many of the US's international partners believe in the significance of expanding further into the solar system— not just the moon, but other planets like Mars as well. With the support of the US's international partners it will be more likely to discover the possibilities that the moon has.

The Blue Moon is both an exciting and important plan, that could be the next big step for the human race. As quote from Bezos states: "It is time for the world to return to the moon— this time to stay."

To watch Jeff Bezo explain the importance of expanding into the solar system: <https://www.youtube.com/watch?v=tjz2vP3zPhE#action=share>



# *Science Olympiad*

*By: Aiai Calmer*

Did you hear oxygen went on a date with potassium? It went OK.

Do you think like Albert Einstein? Did you understand the joke above? Then you should join Science Olympiads.

The Science Olympiad categories are Life Science, Physical Science, Chemistry, and Technology. You could be the next Science Olympiad Champion! And while that might not sound appealing, think about the opportunities. A lot of colleges offer some serious scholarships for this kind of competition.

Here are some events that won awards and their descriptions:

- Anatomy and Physiology- understand the anatomy and physiology of the human body systems
- Disease Detectives- use investigative skills to study illness to populations
- Food Science- build a simple calorimeter and answer questions about the chemistry of food
- Meteorology- Tests student's knowledge of different topics in weather
- Microbe Mission- Answer questions, solve problems, and analyze data for microbes
- Mission Possible- Build a Rube-Goldberg like device
- Optics- Position mirrors so a laser beam can reflect onto the target
- Rocks And Minerals- Demonstrate knowledge on rocks and minerals
- Write It Do It- One student will write a description of an object and how to build it, the other student builds the object from the description

Bragging rights, scholarships and medals galore. We hope to see you in Science Olympiads next year.



## *Batteries With Built-In Fire Extinguisher May Be The Answer To Exploding Devices*

*By: Serena Goyal*

In retrospect, 2016 was a banner year for exploding devices. The trend began when hover boards randomly began to burst into flames, hurting riders and causing millions of dollars in property damages. Samsung's Galaxy Note 7 mobile phone, which debuted to stellar reviews in August, faced similar issues and had to be withdrawn from the market by October. It turns out that all the mishaps were the result of malfunctioning lithium-ion batteries used to power the devices. This, of course, is not the first time devices using lithium-ion batteries have had issues. In 2006, Dell Computers recalled 4.1 million notebook computer batteries because they could erupt in flames. In 2007, Nokia did the same for 46 million phones due to a similar problem. But despite the risks, the flammable batteries continue to be used to power everything from smart phones and laptops to Teslas and Boeing 787s, simply because they are the smallest and lightest batteries available. Experts assert the batteries are safe for the most part. They only have the potential to catch fire if they are charged too quickly and generate excess heat or have a manufacturing error that creates a short circuit. To overcome this issue, the Stanford team created a shell that acts as a barrier between the TPP and the Li-ion cell when the battery is working normally. But given the alternative, we would rather spend money on a new battery, or even a new phone, wouldn't you?

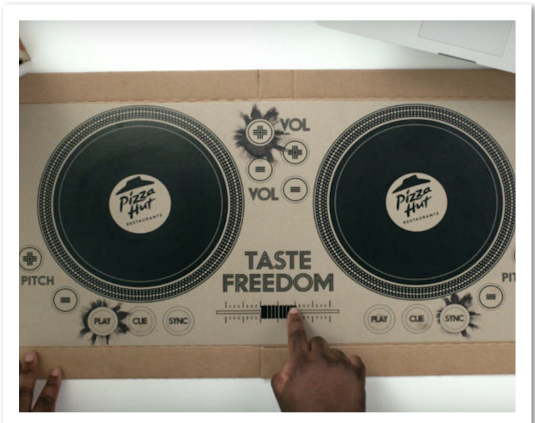


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## *Has Pizza Hut Gone Too Far?*

*By: Katie Hessler and Victoria Uttenreither*

Pizza Hut has recently made public the first DJ pizza box. A pizza box that can connect to your phone and play music, complete with two decks, volume sliders, pitch controls and a crossfader. These boxes are printed with conductive ink that makes them interactive. To use the box, you need to sync it with your phone's bluetooth. The box can easily become the center of the party being battery powered and lightweight. Pizza Hut is always competing with other pizza places to make their restaurant more desirable and innovative, leading to this strange, but amazing invention. Unfortunately the DJ pizza box is only available in the UK, but hopefully it will be released in the US soon!





# SPECIAL THANKS TO...

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