

SEEING SPOTS

Salad Cakes Are a Hit in Japan

By: Aminah Malik



Avoiding vegetables in salads will no longer be a struggle for residents in a Japanese city. Japanese food artist, Mitsuki Moriyasu, creates cakes made out of recommended fruits and vegetables. The cakes look just like the usual, except they're salads in disguise. The vegetables are hidden in layers of sponge cake, made out of soybean, and the frosting is simply cream cheese and tofu. A mixture of vegetables is blended into the frosting, adding vibrant colors to the 'desert'. Moriyasu began selling her creations at the Bistro La Porte Marseille restaurant in Nagoya in June 2015. The idea became such a big hit that she recently decided to open an entire cafe dedicated to healthy eating. Her Vegedeco Salad Cafe opened its doors on April 5th, and customers can choose which salad they prefer. Each slice is served with *koji*, a Japanese sake starter that costs 735 yen, which is equivalent to seven US Dollars. For an additional hundred yen, consumers can get a slice of gluten-free bread, created from an ancient strain of rice, and a hot cup of tea that gets its gorgeous color from vegetables as well. Although the cafe is dedicated to what would usually be considered sweets, the store is free of desserts.

Man Who is Completely Paralyzed Gets to Use Limbs Again With the Power of Thought

By: Quill A. and Yara A.

Paralyzation is an unfortunate state that some people go through. This is when one can not move a particular part of their body or their whole body because of spinal, brain, and/or nerve damage. 24 year old, Ian Burkhan has been paralyzed due to a horrific accident while on a family vacation, injuring his spinal cord and leaving him quadriplegic. Since then, he has not been able to move his limbs and now, at the University of Ohio, Dr. Ali Rezai, a neurosurgeon and co author of this study, has found a way to hopefully revolutionize the way paralyzed people live. Ian was sent to the University of Ohio to try out this new creation. By wearing this new form technology on his arm, whatever Ian thinks that he wants his hand to do, the machine will allow him to do this, but only with the machine on his arm. When the machine is off he can move certain things but can not grab them. He has learned how to do this by re-watching the same movement over and over again. As great as this machine is, it is still in the prototype stage and only works with the computers and software at the lab. The doctors and scientists are trying to figure out how to make this machine in mass quantities, and to work on people's personal computers to help paralyzed people everywhere. Thanks to this, many paralyzed people may be able to become independent and take control over their lives again.



Easy DIY projects for when you're bored in the summer

By: Clare Chung

For the summer days when you have nothing to do, here are some easy DIY projects to pass the time.

- Paint plain cups into with patterns to make a colorful decoration!
- Make a new phone or laptop cover. Use fabric or printed tape on the case.
- Unfold paper-clips to make earrings. Add feathers or beads.
- Hook metal washers onto a string to make a bracelet or necklace.
- Use paper or string to make a creative card.
- Use modge-podge (glue) and styrofoam to make decorations.



You can try any of these cool projects or use paint and everyday objects to make a new creation.

Lakefront Summer Festival
Victoria Uttenreither

Where we live there are lots of summer activities to be explored. You could go see a concert at Merriweather Post Pavilion which for some of us is just minutes away. Attend one of the many festivals going on around us, or even just go to the mall. One very popular summer activity is seeing movies, in theaters, outside, and at drive-ins. Yet not many people seem to know about the outdoor movies that go on right in the Columbia Town Center.

Right next to the Whole Foods near the Columbia Mall, Columbia Association holds a series of movies and concerts that are part of the Lakefront Summer Festival. Movies are played by the lake for families or friends to come and enjoy for free! Movies include Hunger Games Mockingjay Part One, Guardians Of The Galaxy, Jurassic Park, Interstellar, Big Hero 6, Maleficent, and more! Each movie begins at 8:30 pm, and the dates can be found on the Columbia Association website or AboutTravel.com.

Movies aren't the only parts of the Lakefront Summer Festival, bands perform too. Small bands found in the area put on small concerts for people to enjoy at the times of 6:30 or 7:30 depending on the day. There are even teen open mic nights on tuesdays from June 30th to July 26th where you can perform! Sign-ups start at 6:45 that day, but the actual show is 7:30-9:30 if you are interested. The Lakefront Summer Festival is a great thing to try if you want to enjoy a free concert, or watch an outdoor movie!



Need by Carrie Jones

Book Review by Sophie Davidson

The first of the series, *Need by Carrie Jones* is a strange mystery involving pixies, wolves, and halflings. Zara White, the main character, is a 16 year old South Carolina girl who is obsessed with phobias. When Zara's father dies, she moves into her grandmother's house in Maine to keep her sane, as she was showing signs of depression. She quickly notices that she's being followed by a strange man, who isn't exactly human, and finds out that her grandma isn't who she thinks she is. The trip to Maine was meant to make her sane, but is that what's actually happening? To find out the truth, read more.

Need is an enchanting book that will leave you on the edge of your seat. It's very interesting, and will leave you biting your nails, wondering what happens next. It's really interesting how the chapters are phobias, and there's never a dull moment. However, at some points it is difficult to keep up. Between changing scenes, and confusing characters, it's a little bit hard to understand. Overall, *Need* is an amazing book, and I recommend you read it.



Summer Music Playlist

By: Julia and Mollie

10 Things to do in the Summer

By Faraz, Shalizeh and Laraib

Boredom. One of the most common outcomes of the summer. Whether you're just looking for something to do or really have no plans we got you covered with a few interesting things to do!

1. Have a bake sale with some friends.
2. Get a membership to Columbia Association.
3. Create a vlog every day of the summer and watch them all at the end of summer.
4. Have a grill out- hot dogs, burgers, food.
5. Go to the pool with your friends.
6. Go to Six Flags or some other amusement park.
7. Camp out in your backyard with your friends, a tent, a campfire, and junk food.
8. Go window shopping!! It's better than buying stuff
9. Visit New York: it's nearby and a lot of fun.
10. Eat.

Everyone has been here: trying to make a playlist for summer, scanning your brain for a good song no one's heard, only to find that everything you can think of has already been way overplayed by radio stations and now everyone hates it. We understand the struggle, and we're here to help you out. Here are 35 tracks that you probably haven't heard of yet- you'll want these songs to be the background music of your life.

1. *Ghost* by Halsey
2. *Until the Last Goodbye* by Jackie Thomas
3. *Young Folks* by Peter Bjorn and John
4. *Suburbia* by Troye Sivan
5. *Coattails* by Broods
6. *Trying to Be Cool* by Phoenix
7. *The Judge* by Twenty One Pilots
8. *Colours* by Grouplove
9. *Rock Bottom* by Hailee Steinfeld
10. *Run and Go* by Twenty One Pilots
11. *for him.* by Troye Sivan (ft. Allday)
12. *The Love Club* by Lorde
13. *Leave a Trace* by CHVRCHES
14. *Peaches* by The Valley Below
15. *Cigarette Daydreams* by Cage the Elephant
16. *Buzzcut Season* by Lorde
17. *Sit Still, Look Pretty* by Daya
18. *Heads Will Roll* by the Yeah Yeah Yeahs
19. *Spirits* by The Strumbellas
20. *Heaven* by Troye Sivan (ft. Betty Who)
21. *Primadonna* by Marina and the Diamonds
22. *Hear Me* by Imagine Dragons
23. *The Outlaw Josey Wales* by Zella Day
24. *Never Ending Circles* by CHVRCHES
25. *War of Hearts* by Ruelle
26. *Goodbye* by Who is Fancy
27. *Octahate* by Ryn Weaver
28. *First* by Cold War Kids
29. *Unbelievers* by Vampire Weekend
30. *You're In Love* by Betty Who
31. *Brazil* by Declan McKenna
32. *Ship To Wreck* by Florence+ The Machine
33. *East of Eden* by Zella Day
34. *Houdini* by Foster the People
35. *All These Things That I've Done* by The Killers

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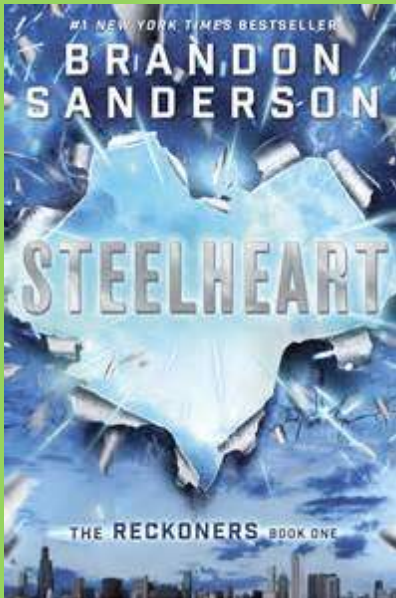
- Paint plain cups into with patterns to make a colorful decoration!
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Steelheart

Book Review By: Katie Hessler



Steelheart, by Brandon Sanderson is a science fiction young adult novel. This action packed book is filled with adventure and drama. It's written by a humorous author who really brings the story come to life. The book takes place in the future where a small part of the population, called Epics, have superpowers that corrupt and turn them evil. No one fights back against these villains except the Reckoners. They're an obscure group of ordinary humans who study the Epics to find their weaknesses and assassinate them. The main character, David, wants to be a Reckoner and take revenge on Steelheart, an Epic with the power of invincibility who killed David's father along with countless others and took over the city of Chicago. David must put his fear, feelings, and vengeance aside to defeat the seemingly indestructible Steelheart.

DIY Stele

By: Elena Walter

If you don't know about the Shadowhunters Chronicles, start reading the Mortal Instruments: City of Bones. It's the first installment, and the only way for you to understand anything that I'm going to be teaching right now. A stele (pronounced "steh-lay") is a shadowhunter tool that draws runes on your skin. A shadowhunter is a human who has angel blood running through their veins. That angel blood allows runes to be drawn on a shadowhunter's skin, using a stele. Those runes give shadowhunters superhuman powers, for instance an *iratze*, or a healing rune.



Materials:

- Pen/Sharpie to Sacrifice for the Greater Good
- Hot Glue Gun
- Some sort of crystal bead
- Silver Nail Polish/ Silver Sharpie (Can be any color of your choice)



Directions:

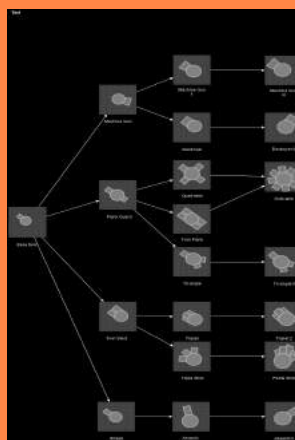
1. Get your pen or Sharpie, and cover it with hot glue, so that the end of it is wider than the tip (where you write). Make it creative!
2. Start at the end of the pen or Sharpie, and make a spiral out of hot glue. End before the tip.
3. (Optional) Glue any design you want. Get creative. There are no rights and wrongs!
4. Paint/colour over the top in silver.
5. If you would like, glue the crystal bead on the tip, so that the very end is poking out and you can still write with it.

You are done! Now you have your very own stele to draw runes.

Deip.io

By: Collin Carter

Diep.io is a game where you upgrade. This is personally favorite where you destroy squares, triangles, points. There are leaderboards of to determine who is the best on the control the tank by moving around with dots with space or the left click. One of which evolves to machine gun which upgrade path is the tank to flank guard If you like online games like agar.io or this game.



play as a military tank and get various online game. It is an online game pentagons, and other players to get anyone around the world, and points server. To play the game you must the "w,a,s,d" keys and you shoot red the moving upgrades is the tank, evolves to the gunner. Another to the quadtank and then to octotank. slither.io, you would definitely enjoy

DRU: The One And Only Pizza Delivery Robot

By Maya Vibhakar

Robots. We all have seen robots. We've seen them in movies, like *Back to the Future* and *Wall-E*. But are we ever going to use them in our everyday lives? It is impossible...wait, no. It *was* impossible. Meet DRU, Domino's Robot Unit. He's the world's first pizza-delivery robot. DRU is a 450-pound machine that can travel up to twelve miles and back, at 12.4 miles per hour. The robot can store up to ten pizzas in its weather-proof compartment and even has a refrigerated place for cold drinks! DRU is equipped with a GPS and Google Maps, and can find its way around using sensors. The robot may even be able to deliver pizzas faster than a human, since it doesn't have to deal with traffic. Customers can receive their pizza by inputting a personal code into DRU, chosen when ordering. This prevents thieves and makes sure you get your own pizza. But, wait! Don't get too excited yet. Most countries, including the U.S, don't allow robots on public streets. The only DRU prototype is in Australia, and it's still being tested. The first launch



was only on March 8, 2016. But this *is* a step. Make way for a world full of robots, starting with DRU!

Faith Or The Citadel?

By: Esha Bhatti



Sana Hamze, a young muslim woman who wears the hijab or head covering had asked for an exception in the uniform worn by Cadets. She had been accepted at The Citadel, a military college in South Carolina. The seventeen-year-old from Florida was shocked when the Cadets' Commandant told her the exception could not be granted. Sana had worked very hard and had been planning to attend the college to achieve her goal of becoming an officer in the U.S. Navy. "She told the commandant it wasn't fair that she has to choose between practicing her faith and going to the Citadel," said Ibrahim Hooper, a spokesman for the Council on American-Islamic Relations. Because The Citadel was passionate about their

decision and had not granted a religious exception to their uniform in 175 years. "The U.S. Military Academy values the diversity in the Corps of Cadets. Our Standards of Cadet Conduct and Appearance regulation allows for the wear of religious items that are not visible or apparent when in duty uniform, provided they do not interfere with the performance of the Soldier's military duties, or interfere with the proper wearing of any authorized article of the uniform," stated Emily Kelley, a spokeswoman for the U.S. Military Academy at West Point. The subject became apparent on Facebook when many Cadets attending The Citadel posted their views on the issue. One Cadet wrote, "It doesn't bring harm to the school. But it is a blatant disrespect to what a military school stands for. We come here and willingly give up our individuality and become a part of a group that upholds the time honored traditions of this school. So for anyone to come, not even walk through our hallowed gates, and force the school to go to extreme lengths both financially and resourcefully, to accommodate one person, isn't right. I can't wear a t-shirt around campus that says "I love Jesus". Why? It's

not because of religious intolerance, it's because it does not meet uniform requirements that all 2400 of us are held to. Am I offended that I can't wear a religious t-shirt? Nope. Why? Because I accepted the system that I have become a part of, and I'm willing to let it change me and join a long line of men and women who I will be honored to call my brothers and sisters." But Sana was not discouraged. She asked a private military college in Vermont, Norwich University, if she could attend with an exception of her religious beliefs and practices and the University accepted her request. Her parents were passionate in their religious practices and in Sana's rights. "First and foremost is my daughter's education. She would rather be somewhere they accept her for who she is," explained Sana father, Nezar Hamze, who is considering a lawsuit against The Citadel. Religious exceptions are said to be considered on a "case to case" basis by The Citadel officials. However, the rejecting of the young Muslim woman not only goes against the first amendment, which allows religious freedom, but may also go against the school's beliefs, "Honor. Duty. Respect."

10 Most Beautiful Places to Visit this Summer

Faraz Karim

Are you staying home this summer? These ten places will make you super jealous and mad.

1. Palawan Island, Philippines



2. Valle de Cocora, Colombia



3. Torres del Paine National Park, Chile



4. Wulingyuan Scenic Area, China



5. Halong Bay, Vietnam



6. Painted Cliffs, Tasmania



7. Cappadocia, Turkey



8. Salar de Uyuni, Bolivia



9. Benagil Sea Cave, Portugal



10. Venice, Italy



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