



The Comet Newsletter

April 2019

Promoting Self-Care

As a study shows, more than 40% of all students are stressed out, and stress can take a heavy toll on teens' lives. And with so many confounding factors that cause stress such as educational, social, and peer-induced stress, the number of stressed teens is on the rise. Personally, I can say that I've dealt with my own share of stress. I'm constantly worried about getting good grades, balancing my extracurriculars, and maintaining good friend and family relationships, and in the end it piles up to be a mountain of stress. With all my worries, I've noticed that I've become moody, deprived of sleep, and in general less fun to be around. I know that many others can relate to this, and suffer through the same thing, so that is why I've decided to create a self-care section in the Comet Newsletter.

In the self-care section, every month I cover a different topic related to stress or self-care. In previous months, I've talked about how to relieve any schoolwork stress, and how to get rid of your jitters before an important event. If anybody has any suggestions or tips to take care of yourself, please let me know, and I'd love to feature them in future months.

This section was created with the intent to help relieve stress within CMS. I'm sure everyone has experienced stress, and knows that it is no fun, and I aspire to make it so that teens can live a little more stress-free. I know that stress will inevitably always get the best of us, but I want to help people overcome stress, and get people to take a deep breath, and treat themselves to something nice. In the end, your mental health is what's most important, because it influences every single second of your life. So take care of yourself.

- Lily Peng

Fun Facts

Airpods

Everyone is familiar with the popular “Airpods” memes. But does anyone really know about the dangers that lurk inside these laughable devices? A report from 2015 showed that the radiation emitted from bluetooth gadgets can cause cancer, that includes Airpods. After a set of lab rats were exposed to the radiation, they developed tumors in their heart and potentially their brain. A professor of biochemistry at the University of Colorado, Jerry Phillips stated, “My concern for AirPods is that their placement in the ear canal exposes tissues in the head to relatively high levels of radiofrequency radiation.” Because of Airpod’s unique design, it can be extremely harmful to the human body. Now that’s what I call a dead meme.

-Karis Park



Travel

Last year, my family and I spent two weeks traveling through Europe and visiting some well known places. One place that I really liked was Salzburg, Austria. Salzburg is Mozart’s hometown. We visited museums about him and I learned quite a lot. I remember we had one whole day dedicated to riding buses around the whole town, and I could see the Alps in the distance. On our last day I had the most fun. We visited three different lakes each with something a little different. We rode on tubes tied to a jetski and spent a nice relaxing day by the lakes. We also stopped at a fortress and the view was stunning. We rode a steep trolley up to the fortress. You could see the blue lakes, the buildings and houses in the distance, there were even dungeons inside the fortress. I had so much fun at Salzburg and I would definitely go again.

- Alyssa Ma

Paw Patrol

The Iditarod

Santa is famous for riding a sleigh pulled by reindeer, but imagine a sleigh pulled by dogs! If you're like me, you've been keeping up with the Iditarod, a yearly event on Saturday, March 2nd. Redington, the creator of the race, wanted to "save the sled dog culture and Alaskan huskies, which were being phased out of existence due to the introduction of snowmobiles in Alaska."



The Iditarod takes place in Anchorage, Alaska, and usually takes 8-15 days to complete the 1000 mile race. Each competing team consists of a 'musher' and a group of 14 dogs. Most dogs go on walks, however depending on their owner's time and schedule, not every dog is able to keep in shape. This event allows the dogs to exercise and creates a better bond between the musher and the dogs. Many are worried, however, about the livelihood of the dogs, whether they are being forced to run, and whether the mushers are cruelly mistreating them, Dagny McKinley of Wild Hearts Dog Sledding the Rockies, says "These dogs live to run. Many people think sled dogs look too thin, but they forget, these dogs exercise every day and are in top athletic shape. These are not house dogs and as a society, we are too used to seeing obese dogs or heavy dogs and that is unhealthy. The sled dogs at Grizzle-T can live up to 20 years old because they are in such good shape." Whether you are a cat person, a bird person, or have never truly even owned a pet, the Iditarod is worth checking out.

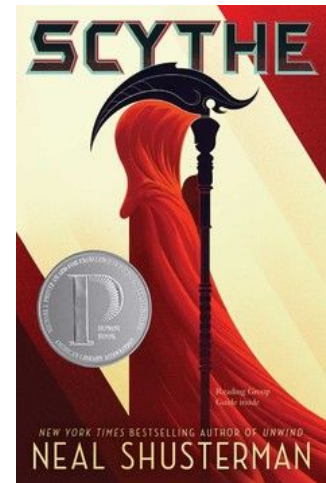
- Estelle Chen

Book Nook

Scythe by Neal Shusterman is truly a page-turner. In this novel, the dystopian society has conquered it all: hunger, disease, war, famine, and even death. But to control the population, scythes, people who are the only ones who can end a life, are commanded to kill people.

Citra and Rowan are chosen to become an apprentice of the scythe, in which they must master the art of killing someone. If they fail, they might lose their own life! You will surely be engrossed in this book. Make sure to check it out!

- Shruti Vadlakonda



Upcycle old T-shirts

Spring is finally here! While enjoying the pleasant springtime, it's time to clean up your house. You may find lots of old T-shirts, what should you do with them?

As you may know, Montgomery County charges 5 cents for each plastic bag offered by stores. Howard County is also discussing a charge for plastic bags. We believe that day will come sooner or later. We would all rather stores offer other alternative bags like paper bags or other compostable bags instead of charging a few cents.

More and more people are starting to use reusable bags. Most reusable bags are made of materials which are not washable. How to prevent contamination between fresh food like fruits, vegetables, and meat?

Plastic bags hurt the environment and reusable bags collect germs/food crumbs, what's the solution ... T-shirt bags!

Why not upcycle by turning an old T-shirt into a shopping bag? It's lightweight, elastic, durable and washable.

Mrs. Vinje shared with the Green Team how to make a no-sew T-shirt tote bag. It's simple, you could make one in less than 10 minutes. Here's how:

Materials: Old T-shirt, scissors If wanted: ruler, washable marker or pencil

1. Find an old T-shirt.
2. Cut the neck and sleeves off. If want, cut the bottom of the shirt off, too.
3. Use a ruler and washable marker/pencil to mark lines, about 3/4 inch

width, and 2 inch length (optional).

4. Cut strips on the bottom of the shirt.
5. Tie a double knot for each pair of strips.
6. Enjoy your newly made bag.

Tips:

1. If you want the bag to have a big opening, cut the neck a little deeper.
2. If you have a large T-shirt, you could cut longer stripes to make it more beautiful.
3. If you do not like strips to be seen, you need to put the shirt inside out before you mark the lines.
4. Perfect to make your outgrown team spirit shirts into a forever bag.

Hope you enjoy!

-Amanda Wang

(Pictured on next page)



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