



# The Comet Newsletter

February 2019

## The Beauty of Silence

Noise surrounds us. The honk of cars on a freeway, the frantic ring of cell phones, and the pings from our friends are all a part of our daily lives in the technological age. Even if we don't like it, social media, news, and the radio simply consume most of our spare time nowadays. Sometimes, however, it's a good thing to push away the buzz and enjoy



the silence that has become precious. Recent studies have demonstrated that high levels of noise raise stress hormones and disrupt concentration. Additionally, experts claim that constant immersion in noise can affect our physical health as well. Adrenaline from the buzz all day long releases a "stream of cortisol," according to Daily Mail UK. This damages our bodies' cells, which in turn causes exhaustion to our muscles.

In a nutshell, all of this extensive research means that the noise of our daily lives can influence our wellbeing in numerous ways. So scientists say to take a few days off each week to unplug any distractions around you, and take a nice, deep breath. Go for a walk, light some candles, or read a good book. (Extra points if they're Book Madness novels!) After all, a little break from Instagram or YouTube won't hurt you.

Right?

- Naomi Ling

## What's Happening

### Fun Facts

Could you imagine calling something an orange, when in reality it's green?

It seems obvious that oranges are the color orange for a reason. But what if they weren't? These citrusy sweets are originally green, mostly

depending on the area they are grown. Oranges raised in sub-tropical areas turn green as they ripen in warm weather, and once they cool down, their orange hue appears. If the orange is raised in an area that is constantly hot, its color is chemically changed. Maybe whoever named the fruit was color blind!

- Karis Park



### Book Madness

Something exciting is in the air! Starting in January, the Book Madness event for all three grades will last through April 8th. It is a multiple-stage bracket competition, similar to the NCAA March Madness. There will be four rounds and sixteen books in total. The first round ended on February 4th, and Round 2 has begun. Let us know which book is your favorite at [thecometnewsletter@gmail.com](mailto:thecometnewsletter@gmail.com). Happy reading!

- Naomi Ling

## Meme Review

### 1. Lemon Car

If you are unaware of this meme, it was created in July 2018 and is not to be confused with a lemon car, which is the term for a car that was made with flaws or defects. The original format was a picture of a lemon with wheels, complete with a caption of “This meme is from the future, you won’t understand it until 2019.” Once 2019 finally came around, the lemon meme circulated back to various social media platforms, making it, arguably, the first meme of 2019. However, the lemon meme was short-lived, and to be honest, not very funny. Even the best of this sour citrus automobile doesn’t bring a giggle, or even an emphasized nose exhale. Overall, this meme was a good effort and I would rate it a 3/10.

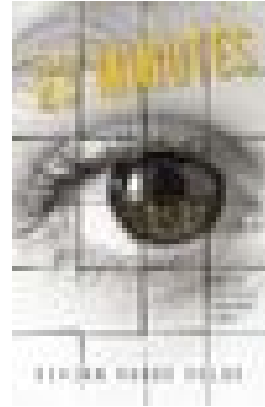
### 2. Instagram Egg

On January 4th, the @world\_record\_egg account posted a stock image of a freckled tan egg, whose mission was to beat the world record, 18 million likes, of the most liked image on Instagram. The previous holder of the world record was Kylie Jenner, who set the record with a picture of her baby. The egg quickly became popular, garnering hundreds and thousands of likes. Right now, the egg is far past the record, with over 50 million likes. All in all, this photo of an egg, taken by Russian photographer Sergey Platonov, was an amazing marketing feat posted by an anonymous user to gather mainstream media attention. Though it was great, memes made about this egg are far from funny and are, dare I say it, just jokes with pictures. Taking all things into account, I would rate the Instagram Egg a 2.3/10.

## Book Nook

*23 Minutes* by Vivian Vande Velde is a wonderful book.

15-year-old Zoe has the ability to travel back in time for a maximum of 23 minutes, but she always thought of it as a curse, rather than a gift. But when she stumbles across a robbery in the bank, she knows that someone with her superpowers could solve the situation. However, she only has ten tries, and if she gets killed while trying to change things back in time, even time travel cannot fix that. Make sure to read the book, and you can also cross it off your Book Madness list of reading!



-Shruti Vadlakonda

## Managing Stress

Welcome to the self-care section of the Comet Newsletter! This is a place where you can learn how to take care of yourself, so you can feel better day to day. This month, we will be talking about different ways to rest your mind and body besides social media. Social media is really controlling a lot of people's lives right now, so I wanted to show you how to get away from that and still have lots of fun.

- 1.) Make something that's fun. Recently, I've been obsessed with crafting, and what's great about it is that it gives your eyes a break. If you're tired from writing a paper online and your eyes hurt, crafting something is great for resting your eyes. Some crafts I recommend are sewing and clay making.

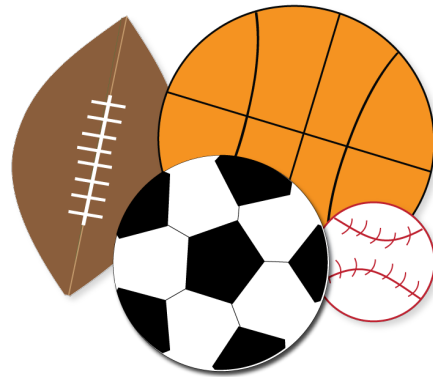
- 2.) Streeeeetchhhh! After a long day of being huddled in front a computer, it feels amazing to stand up and move. Whether it's simply trying to touch your toes or doing your splits, stretching refreshes your muscles and wakes them up!
- 3.) Eat fruit. I know it sounds strange, but after studying for a long time, a piece of fruit does a really good job of waking you up, especially if you're enjoying a citrus fruit. Plus, fruits have lots of vitamins that will boost your energy rather than make you sleepy like certain junk foods.
- 4.) Step outside and just breathe. Going outside is one of the most refreshing things you can do. When you first go outside, you'll realize how much crisper the air is outside. Walk outside and stand there to take in the scenery and notice what you've overlooked before.

If you guys have any other ideas to get away from social media that you think I've missed, feel free to email us at [thecometnewsletter@gmail.com](mailto:thecometnewsletter@gmail.com).

-Lily Peng

## Sports Time

Hey everyone! Welcome to Sports Time! As you all know, the teams that played in the Super Bowl were the New England Patriots and the Los Angeles Rams. The Rams won their playoff game on a very questionable play. A lot of people thought it was a pass interference, but it wasn't called. Moving on, in Maryland college basketball, they played Michigan State on January 21st. Michigan State is a very strong team, and Maryland ended up losing by 14. Thanks for reading and I hope



to see you next month on Sports Time!

- Justin Blackman

## Travel

Japan is a country that I find extremely interesting and fascinating and I hope to visit someday. One of the most appealing things to me is the cuisine. I'm sure most of us have had some sort of sushi and ramen here in the States, but I want to dig deeper and taste other delicious, authentic foods. For example, I would



like to see how real traditional sushi tastes. Also, nature wonders such as Mount Fuji or the Sagano Bamboo Forest fascinate me so much. I'm sure visiting Jigokudani Monkey Park would be fun and exciting. Maybe someday I will go there and explore all of it.

- Alyssa Ma

## About Us and Contact Us

Hey! We're eight middle schoolers who love to write and find interesting content.

Contact us at [thecometnewsletter@gmail.com](mailto:thecometnewsletter@gmail.com); we would love to hear feedback!

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