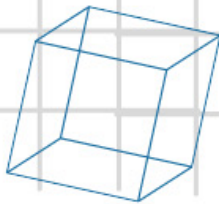
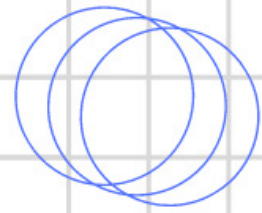
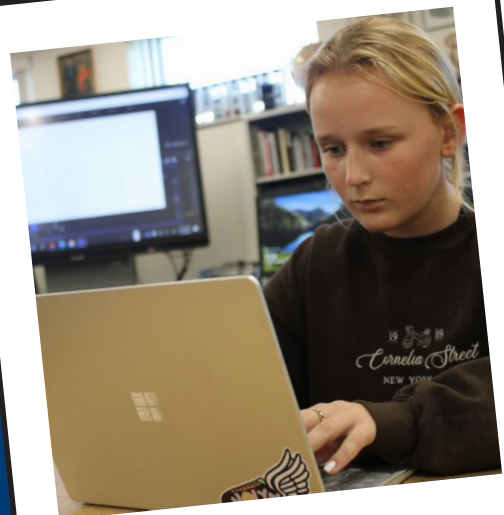
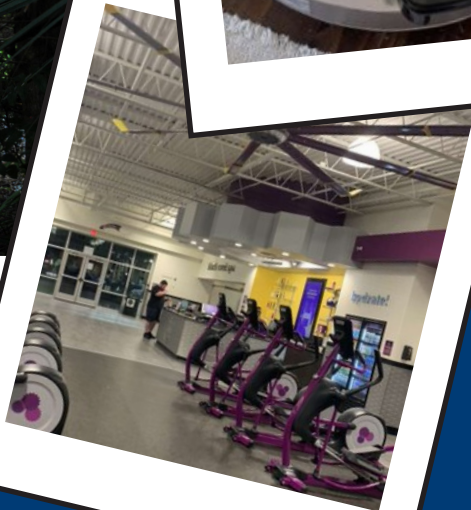
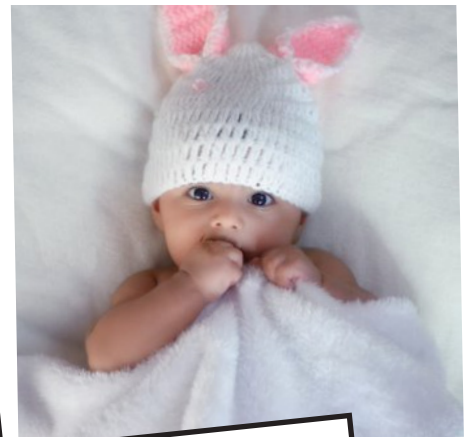




# SPARK



February, 2023  
Volume 6, Issue 2



## Spark Table of Contents

### News

- [p. 3] Overpopulation
- [p. 4] A Push for Climate Change: Egypt Cop27
- [p. 5] Hurricane Ian Restoration
- [p. 6] In Brief

### Highschool Voice

- [p. 7-8] Modern Antisemitism

### Student Life

- [p. 9] Why some parents don't buy children phones in middle school
- [p. 10] Student Schedules

### Health and Fitness

- [p. 11] No Pain No Gain
- [p. 12] The eagle has landed
- [p. 13] Take your mark...

*The front and back covers were created in Canva by Faith Downie*

### Sci-Tech

- [p. 14] mRNA: A Tangled History
- [p. 15] On the rise: Blue Light

### Opinion

- [p. 16] Lights Out
- [p. 17] Macbooks vs. Windows

### Humor

- [p. 18] Just Another Normal Day
- [p. 19] Alligator Alliance
- [p. 20] Night At the PV Archives

### Entertainment

- [p. 21] BookTok, the Problematic Book Club
- [p. 22] Elon Musk buys Twitter

### Features

- [p. 23-27] The Cook Book of Cultures

### The Spark Staff

**Advisor** Christopher Lenerz  
**Editor-in-Chief** Isabella Kulawik  
**Asst. Editor-in-Chief** Ava Lenerz  
**Principal** Dr. Stephen Covert  
**Co News Editors** Adam Elshimy, Gigi Higenberg  
**Asst. News Editor** Sora Francher  
**Student Life Editor** Athena Erbe

**Asst. Student Life** Andrew Fera Taga  
**Co Health and Fitness Editors** Ingrid Cushman, Ana Easter  
**Humor Editor** Felix Ratner  
**Asst. Humor Editor** Joshua Kottler  
**Opinion Editor** Maya Nowakowski  
**Asst. Opinion Editor** Madeline Bailey  
**Entertainment Editor** Daisy Doyle

**Asst. Entertainment Editor** Julian Reager  
**Sci-Tech Editor** Jakob Roche  
**Co Sci-Tech Editor** Kai Deng  
**Features Editor** Timothy Nesanelis  
**Asst. Features Editor** Benjamin Jiang  
**Cover Editor** Faith Downie  
**Staffers** Eighth-grade Journalism Class  
Seventh-grade Journalism Class

The Spark covers topics, issues, events and opinions of relevance to students grades six through eight. The Spark is published four times a year by Pine View School and maintains membership in the Florida Scholastic Press Association. Press run is 650 copies. Copies are provided free of charge to students, faculty and staff. All content is subject to prior approval by administration.

Reader Input. Submit story ideas, comments and questions to the editor of the publication. Address general comments and questions to the Spark Editor-in-Chief at [isabella.kulawik@pineviewtorch.com](mailto:isabella.kulawik@pineviewtorch.com).

Sponsorships and Subscriptions. To place an advertisement or purchase a subscription, email [sanya.patel@pineviewtorch.com](mailto:sanya.patel@pineviewtorch.com). The Spark reserves the right to refuse any advertisements.

# Overpopulation

By Felix Ratner

As of November 2022, the human population numbered eight billion people. This is up from seven billion in 2010, and six billion in 1999. The rising population poses problems, however. The planet we live on, the Earth, has a limited number of resources and space. As the human population increases, livable space and resources have declined immensely.

As more people are born on Earth, they use more water, living space, and food. Food requires agricultural spaces to be grown in, taking up room. Of all land on Earth, over 38% of it is taken up by food manufacturing. When space is taken up, people are forced to live in smaller spaces, for a more expensive price.

In Sarasota-county, the population has been growing at a rate similar to Earth's. During COVID-19, people from all over the United States and beyond moved here. In 2010, only 380,000 people lived here. By 2022, however, over 450,000 people live in Sarasota and the surrounding areas. By proxy, housing prices have also gone up.

From 2010, housing prices have gone up 100% in 2022. This affects longtime residents and new ones.

When housing prices increase, less people move here. After the boom during COVID, population growth has been steadily decreasing across Sarasota County from 7% in 2020-21 to 5% in 2021-22.

Although Earth's population has been growing exponentially since the Industrial age, growth is soon to slow. By U.N. estimates, the maximum number of people Earth can hold before running out of resources is 10.4 billion, which is only 2.4 billion people away from our current population. We are estimated to hit this by 2050. If humanity does not figure out how to reduce resource

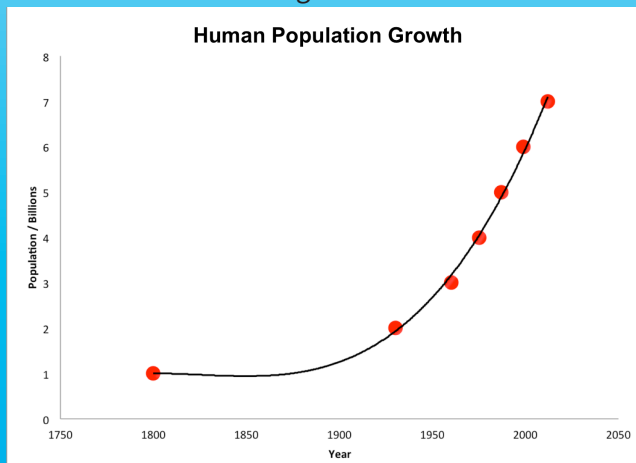


The 8 billionth person, Damian, was born and celebrated with cake and a shirt saying "bebé 8000 millones." -PHOTO BY KAUSHAL MISHRA

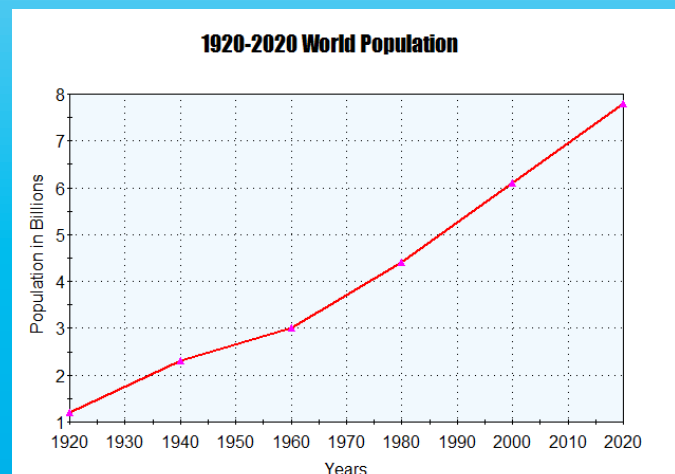
spending, eventually humanity may just run out.

However, we may not ever reach this number. Currently, the birth-rate has been steadily declining. Young people are less likely to have children, and less likely to have more than one or two.

If humanity continues as normal, we may end up having less resources than we are accustomed to. However, if science and technology can help combat the resource and population issue, we may be a planet destined for continued prosperity



The population from 1-2 billion took almost a century while it only took a decade for the population to reach 8 billion from 7 billion. -GRAPHIC BY GIORGI HILGENBERG



From 1960 to now, the population has been on a steady increase to eight billion. -GRAPHIC BY GIORGI HILGENBERG



# A PUSH FOR CLIMATE CHANGE: EGYPT COP 27

by Kai Deng

Climate change is now an issue prevalent in the modern world. However, this was not always the case.

Before there were steam engines and power plants, the atmospheric carbon dioxide on Earth fluctuated around 310 ppm (parts per million.). An increase in carbon dioxide began a little before 1800, in the early days of the Industrial Revolution, and climbed rapidly near the end of the 20th century as the need for fossil fuel increased.

People started burning coal and other fossil fuels to power factories, smelters and steam engines, which added more greenhouse gases to the atmosphere. Ever since, human activities have been heating the planet.

The 27th Conference of the Parties (COP27) took place in the Egyptian coastal city of Sharm el-Sheikh, on November 20th, concluded with a breakthrough historic decision to “establish and operationalize a loss and damage fund.” The summit brought together countries from around the world to increase ambition and implement existing goals and strengthen commitments regarding climate change.

According to unfccc.int, the main purpose of the COP27 was to promote climate technology solutions in countries all over the world. More than 200 governments were invited to the COP 27 summit in order to generate solutions and ideas to, hopefully, slow down the rate of climate change.

According to acs.org, The Intergovernmental Panel on Climate Change (IPCC) periodically publishes



an Assessment Report that brings together a consensus all the available evidence (based on the work of thousands of scientists from around the world) for the climate changes



that are occurring, their sources, and estimates of future impacts. The findings by the second decade of the 21st century are that the Earth has warmed by at least 0.9 degrees Celsius above the pre-industrial level. If temperatures rise 1.7 to 1.8C above 1850s levels, the IPCC estimates that half the world's population could be exposed to lethal heat and humidity.

The COP27 summit has debated about numerous topics, namely “loss and damage” for countries that were hit by climate-induced disasters. Countries reached an agreement on establishing a fund to compensate vulnerable nations for damage caused by climate-induced disasters.

The COP summits have gone through changes over the years. The conference first met in Berlin in 1995, and since then, have been hosted in different cities and countries. AP environmental science teacher, Jason Miller, said these summits have moved from trying to prevent climate change to minimizing the effects of climate change.

For now, people will have to wait and see what future COP summits will offer.





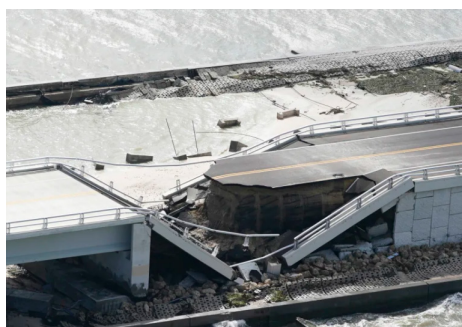
# A COMMUNITY EFFORT



## Hurricane Ian Restoration

By Athena Erbe

There was a swirling mass of dark clouds above, as the wind blew leaves off the ground. Rain was falling in horizontal sheets, banging on metal roofs. Hours passed by slowly with unrelenting winds beating down on the window shutter, until the storm finally died down.



The destruction to the Sanibel Island Bridge. PHOTO WAS PROVIDED BY Reinforced Earth Company U.S.



Displayed above is the CEO of Reinforced Earth Company, Stephen Fancher PHOTO PROVIDED BY Reinforced Earth Company U.S.

During the storm, bridges had collapsed, trees fell, and debris was everywhere. Hurricane Ian left much damage in its path across western Florida, especially leaving destruction in Lee County.

After the hurricane, residents, as well as many companies worked to rebuild the west coast of Florida. Stephen Fancher, CEO of Reinforced Earth Company, part of a large French industrial company called Vinci, is one of those people.

"We were one of the first companies to respond to the damage, especially in Sanibel Island," Fancher said.

The Reinforced Earth Company built a temporary bridge to Sanibel Island and is working to restore the rest of Florida. Fancher thinks that it will take around five to ten years to rebuild Florida. However, building the bridge to Sanibel took less than a few days, even with many obstructions in the construction crew's way.

"Probably the biggest challenge was the bottlenecks in the supply chain, meaning it was hard to get materials to do some of the rebuilding efforts because some of the roads were blocked or damaged because of down trees, houses, and so forth, and there were not a lot of materials available," Fancher said.

Many Floridians and travelers have been affected by the destruction of Hurricane Ian, but companies, like Fancher's, are there to help rebuilding efforts across the state.



This is the temporary reconstructed bridge to Sanibel Island made by the efforts of the Reinforced Earth Company.

PHOTO PROVIDED BY Superior Construction



The damage and effects of Hurricane Ian on south Fort Myers.

PHOTO PROVIDED BY Reinforced Earth Company U.S.

# IN BRIEF

## Remembering Lilly Glaubach

By Isabella Kulawik

Among family and friends, eighth-grader Lilly Glaubach was a shining light who made those around her smile whenever she walked into the room. Her personality, complemented by her signature ripped jeans and oversized sweaters, created an environment where everyone felt special. Whether it was at a YMCA summer camp, in the kitchen with her father, at the mall with friends, in the family room waltzing with her golden retriever, or within the confines of her sketchbook, she



impacted people and animals everywhere she went.

Lilly passed away peacefully in her sleep at Johns Hopkins All Children's Hospital Aug. 28 due to injuries she sustained in a hit-and-run accident.

"She smiled. She had a great smile that lit up her whole face and lit up the whole room. Everybody was happy when she was around," Lilly's dad, Howard Glaubach, said.

Together, Lilly, Howard, and Lilly's brother Peter would cook and travel in



long car rides to the northeast. He recounted how Lilly's love for animals arose from a young age and would shine through in some rather humorous displays.



To read the full story,  
scan the QR Code or go  
to [PVTorch.com](https://www.pvtorch.com)

## One Small Step for Man

### One Huge leap for Pine View

By Sora Fancher

Recently, at Pine View School, students competed in the nationwide tournament division Student Spaceflight Experiments Program, or SSEP. The SSEP is an initiative for STEM education to allow students from around the world to propose, design, and innovate microgravity experiments to fly in low Earth orbit to experiment in the international space station, ISS.

Pine View had its own SSEP committee, which reviewed over 60 submissions from groups that had three to five people in each group and picked 3 out of over 60 submissions to be sent to Houston and the review board. The Houston review board for the SSEP picked one team out of the three teams of seventh-graders!

The seventh-grader team, comprised of Yatharth Kakkad, Felix Ratner, Rugan Suresh, and Rishik Yellu proposed and designed an experiment titled: Ability of microalga *Chlorella vulgaris* to remove nitrogen and phosphorus from wastewater in microgravity.

The team will go on to the second phase February 15 when their proposal will go into Toxicology. The team is documenting their journey in design, experiment, and innovation while awaiting the final phase June 2023, where it will be tested in the ISS.



**Pine View's SSEP winners pose with event coordinator, science teacher Marie Rosander. Left to right: Rugan Suresh, Marie Rosander, Felix Ratner, Yatharth Kakkad, and Rishik Yellu.**



# ***'Not everyone will accept me for who I am'***

## *Discussing Recent Antisemitism*

**By Ava Lenerz**

Asst. Spark Editor-in-Chief

One average Sunday morning many years ago, I had my first lockdown drill at Hebrew school. I was used to doing drills in normal school, but not at religious school. I was confused why we were doing it because my teacher proceeded to explain what to do and how to escape if an active shooter ever came to our temple.

Afterwards, I realized that we needed to know what to do because a shooting at a different synagogue had happened, and one happening again was a very real possibility.

That day taught me that not everybody will accept me for who I am because I am Jewish.

In recent years, antisemitic

hate crimes have occurred across the country, even here in Sarasota.

Two popular synagogues, one being where I attend, were defaced with swastikas in 2020. Four shootings have occurred in the last five years at synagogues in the United States.

One shooting in Pittsburgh, Pennsylvania at the Tree of Life Synagogue killed 11 people and wounded six in 2018, the deadliest attack on Jewish people in the United States. These innocent lives lost because of hate show the physical antisemitism that still exists.

My family and I went to a service at my temple after that massacre, and it was packed more than usual. I later found out it was because people of other faiths came to show their support. This experience showed me that we can support and respect others, no

matter what we believe in.

Ever since that shooting, my father, a teacher, has made sure to wear his kippah to school to show he is proud of his faith and show to younger generations it's okay to be different.

My religion isn't something I'm ashamed of. However, I do worry about being discriminated against as a Jew. I wish our society accepted people no matter what, but I know that isn't the case. I know I will need to be cautious as I grow up, but that won't stop me from being who I am.

I am proud of being Jewish. I am proud to be a Bat Mitzvah. I am proud of who I am. I hope others will accept me for that as I accept and respect them for whatever they believe in.



**Continues on  
next pages**



# Continued from previous page

But antisemitism is spreading, especially on social media and from celebrities like Kanye West. It’s important to learn about the Holocaust to disband these false messages.

We all learn from an early age the importance of history class is so we can stop history from repeating itself. That’s why it’s paramount we learn about the Holocaust. It’s a hard topic to discuss, but one that we must remember. Millions of Jews were murdered out of hatred. We must recall all those who survived and all those who didn’t in order to stop such a horrific event from ever happening again.

All those people didn’t

deserve to die. They were kids, like us, and adults, like our parents, just wanting to live their lives. I’m inspired by every survivor who shares their story and the bravery it took to survive.

To stop a reoccurrence, we must remember the struggles they went through; we must learn to respect others for who they are; we must end antisemitism. We must work together as a society, and it all starts with remembrance.



Ava Lerner and her brother sit outside of there Temple after a Purim service many years ago. Purim is a Jewish holiday where many kids dress up. Lerner is dressed up as Queen Esther. PHOTO PROVIDED BY RACHEL LENERZ



On May 1, 2021 Ava Lernerz was Bat Mitzvahed. Many of her family members came to watch this important celebration. PHOTO BY FELICITY CHANG



PV

---

---

# Why some parents don't buy children phones in middle school

Phones. One of the single most used devices of the decade, used for communication, entertainment, and information. You probably have one, and maybe know at least 5 other people that have them. But what about the people that don't have phones.

Eighth grader Kiona Wehlage's parents will not give her a phone. "They think I'm too young" Wehlage said. "I think I have to wait until I'm 15 or something."

Isabel Lopez, a sixth grader here at Pine View, also does not have a phone. "My parents don't want to get me a phone until I'm 14," she says. Lopez also remarks, "I would probably use it the most to text my friends."

But how does not having a phone affect their daily life? Wehlage said, "It hasn't really much since I can just use other devices, but I guess if I had a phone, it would be easier to text friends and text my family and stuff."

Lopez also says, "Well everyone always has phones at school, and they use their phones, but I steal other people's phones for usage of electronics at school." She says she would use it the most for texting people.

Because many middle-school students' parents believe it is unnecessary or

their children are too young to have a phone, they don't allow their kids to get one.

Keep in mind that the school has a policy that middle schoolers should have their phones off and away throughout the day. So, people that do have phones should only use them before and after school.

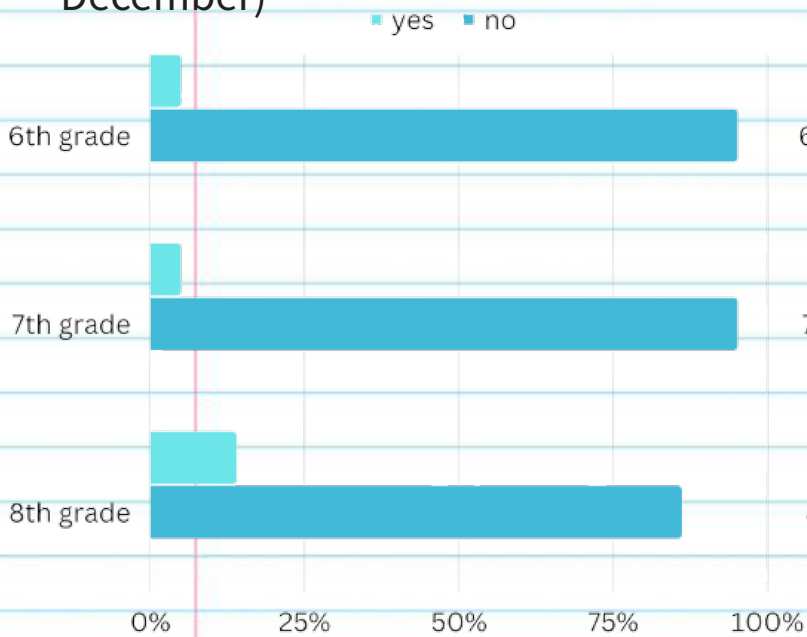




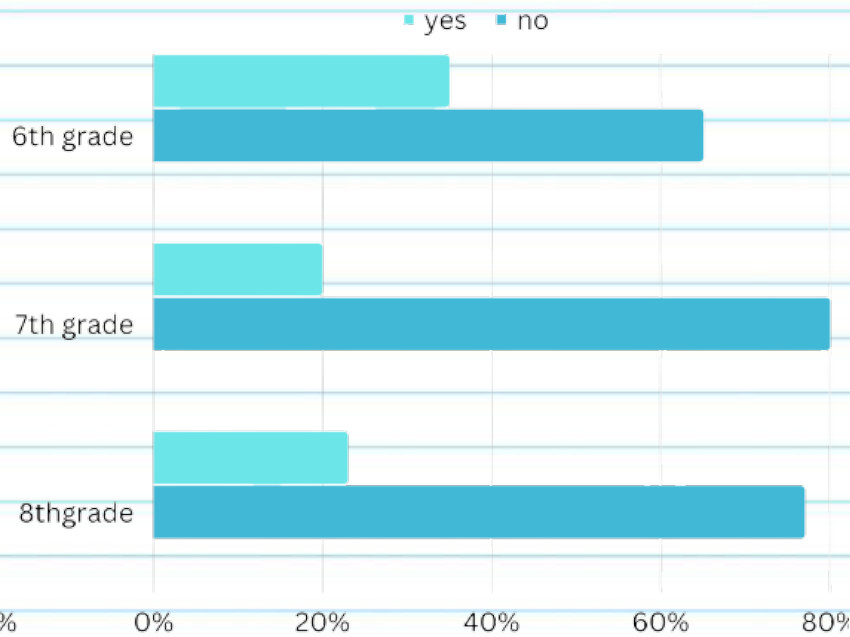
# STUDENT SCHEDULES...

By Santiago Preciado Ferray

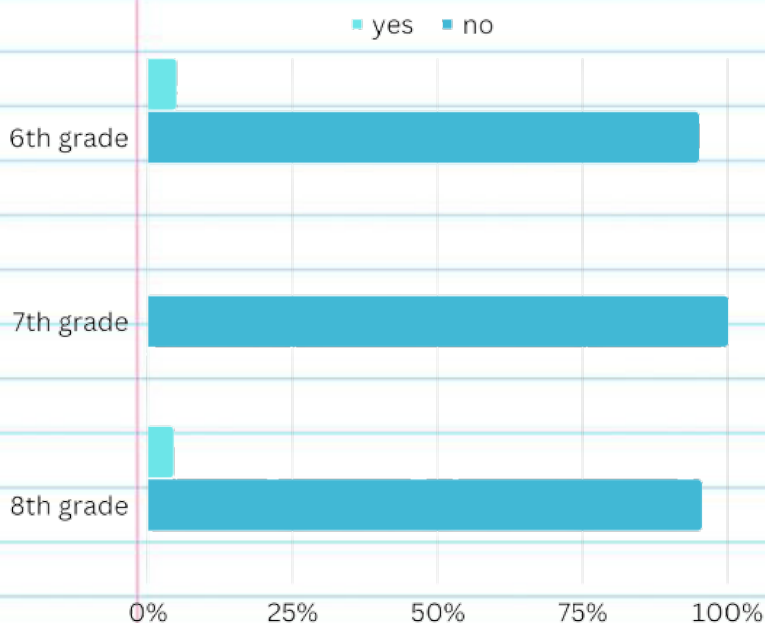
Will you change your schedule for the second semester? (poll conducted in December)



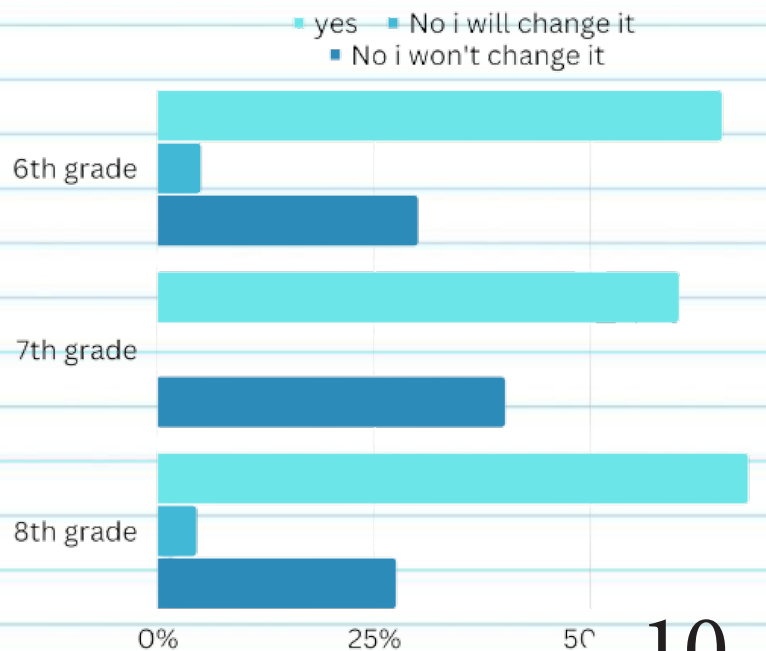
Was your schedule changed at the beginning of the year?



Did you change your schedule at the beginning of the year?



Are you happy with your schedule?



A Total of 62 MIDDLE SCHOOLERS POLLED



# Health and Fitness

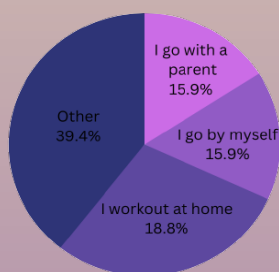
## NO PAIN

In this day and age, it is not uncommon for eighth graders to work out. Exercising is important and going to public gyms can help students reach any goals they have in mind when they work out. There are many gyms out there, all with different benefits and different features and amenities they offer, but which is the best for you?

One of the popular gyms that you can go to is Planet Fitness, with tons of equipment ranging from weights, treadmills and machinery to work out every muscle.

If you work out, then where do you work out?

6th graders-8th graders:



"They have lounges, hydro massage, there are coolers for drinks and basic equipment," Morris says.

Planet Fitness doesn't seem like a bad gym to visit, she also said that it is usually not busy and the employees that work there are nice and you can have good conversations with them.

Another gym that many go to is Crunch Fitness,



These bikes at Planet Fitness are amazing for burning calories and staying fit. Eighth-grader Emma Morris uses these to stay fit. PHOTO BY MICHAEL TAGLE

BY MICHAEL TAGLE

## NO GAIN



At these workout stations at Crunch Fitness you can do many workouts, like squats, deadlifts, and more. Eighth-grader Lukas Vecchioni gains strength by doing these exercises at Crunch Fitness. PHOTO PROVIDED BY LUKAS VECCHIONI.

with lots of cardio and strength equipment that is well maintained and cleaned, offering locker rooms with showers, and group fitness classes.

Eighth-grader Lukas Vecchioni regularly goes to Crunch. He says the gym is usually very busy, with wide variety of age groups.

"I see everyone from teens my age to old guys its crazy."

Quite the age gap. Every time he goes, he plans for what he is going to work out, whether it be chest or arms, and Crunch Fitness has everything he needs to work out.

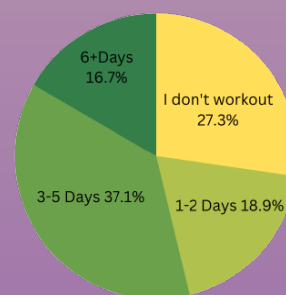
"I regularly use bench presses, squat racks, and weights in general," Vecchioni said.

Overall, Crunch Fitness seems like a great gym to visit if you aspire to be fit.

If you decide to start working out, go for it! There is never a better time to start than today.

How many days do you workout in a week?

6th-8th graders:





# The EAGLE

# Has LANDED

By Gigi Hilgenberg



His heart beating, sweat dripping down his face, and the sun shining in his eyes, eighth grader Charles Williams puts his golf ball onto the tee. This is the final hole and if he gets an eagle he wins. He gets ready to swing the club and hits the golf ball with all his strength and watches it fly across the course. The ball lands only a few yards from the hole and he taps it one more time for an eagle.

Golf is a game that includes using many clubs to get a ball into a hole. There are usually nine to eighteen holes in one course with varying terrain such as trees, water, and sand. Each course also has its own hazards, such as water hazards and sand bunkers, which can change the difficulty of the courses.

Williams began playing five years ago, and started out just hitting balls in his backyard. Williams has been enjoying golf ever since.

"I really like the fact that every course is different, and there are always possibilities for different outcomes," Williams said.

Before starting golf, Williams tried out baseball, he determined that it wasn't the sport for him, and moved on to golfing. He used to play golf in Stonybrook and sometimes in Laurel Oaks.

12

Williams has played in a couple different tournaments such as an Under Armor tour and a few US

Kid's tournaments. He plays on the school team and has played on it since sixth grade.

Some challenges he has had while playing golf are mental challenges.

"If you had a bad shot, you really need to get back in [the] game, pretend it didn't happen, put it in the past and that's hard to do," Williams said.

Williams believes that golf is not only a very physical sport, but there are multiple mental challenges.

In golf, when you get a score that is two under par, it is called an eagle. Williams has scored multiple eagles, but never a hole-in-one.

Williams hopes to continue playing golf, and get better as he continues to play. He has hopes that one day he will be able to score a hole in one, but he is proud of how far he has come.



**Driver in hand, eighth grader Charles Williams gets into position, and aims for a long shot. PHOTO PROVIDED BY CHARLES WILLIAMS**





# Take Your Mark...

By: Ana Easter

Standing up on the block, eyes focused on the shimmering water below, eighth grader Cristian Nichi prepares himself for the upcoming race. As the whistle blares in his ears, he bends down and grips the starting block. The alarm goes off and he is gone, breaking through the water's surface and beginning his race.

For Nichi, what began as just an idea from a flyer his mom had seen, has turned into a competitive swimming career.

Nichi swims for the Sarasota Sharks and has been participating in the sport from a very young age.

"I first started doing meets when I was 10, but I've been swimming since I was 6," he said.

There are four different strokes in swimming, but backstroke and breaststroke are Nichi's bests.

With tiresome practices every evening most mornings, and constant competitions, swimming is a very time-consuming activity. Nichi's favorite part of the sport is the monthly competitions, or meets.

"I like getting to be with my friends, and making new ones, it's always pretty fun," he said.

Nichi suffers from diabetes, which can sometimes affect his swimming.

"I get like a sudden wave of tiredness, and I just need to sit out, it doesn't happen too often,



**Nichi practices his breaststroke, to gain strength and prepare for the upcoming competition. PHOTO CREDIT CHARMAINE BURTAK**

though," he said. Eighth grader Logan Barcelo, a teammate of Nichi's said "Sometimes I just need to help him know what part of the set we are on when he gets back, but it's not really that big of a problem."

Because he recently moved to Florida, Nichi has just begun swimming for the Sharks, and he has been enjoying it.

"I really like the facility, and the coaches are all really good, I like the people around me," he said. "I like how there are a lot of different coaches, and each one has something different to offer."

Although swimming is an exceedingly difficult sport to master, Nichi really enjoys it.

"I feel good when I swim, and I like to swim, and that's why I do it every day," he said.

In the sport of swimming, there are different qualifying time cuts, which are motivational standards for different age groups. It is one of Nichi's goals to qualify for what is called an AAAA (Quad A) time, which is very fast, and would allow him to progress to a faster group; or a sectional cut, which helps qualify for championship meets.



**After competing in a race, eighth grader Cristian Nichi warms down in preparation for his next race. After swimming an event it is critical to warm down, to release lactic acids and ensure best results for the next race. PHOTO CREDIT CHARMAINE BURTAK**



# mRNA: A Tangled History

By Jakob Roche

Weeks after the cracking of the genetic code, in the summer of 1961, another discovery was made. Caught up in the fervor of decoding DNA, nobody really noticed. No Nobel Prize was awarded for it; however, today this discovery is integral in fighting infectious diseases, having saved tens of millions of lives: messenger Ribonucleic Acid (mRNA).

Even before mRNA was discovered, scientists knew that something was missing. So far, they had discovered the blueprint for life, but not the vehicle which carried its instructions to cellular protein factories. Without a method for conveying its information, DNA was useless. While theories were produced about how DNA could be the messenger at the same time, none of them quite made sense. There had to be another component.

Then, mRNA was discovered. This molecule weaves its way through protein-producing machinery, passing instructions to the equipment as it goes along. It

was one of the final pieces in the genetic puzzle which had been started a decade ago.

In the years after mRNA's discovery, scientists were quick to realize the potentially widespread applications for this new discovery. Creating custom proteins inside the cell could be used to create many new medical treatments. mRNA vaccines were one of these applications.

**Without a method for conveying its information, DNA was useless ... There had to be another component.**

Biology teacher Rebecca Kehler said that these vaccines work through inserting mRNA into a tiny bubble of fat and sending it to the tissues via an injection, where it constructs a specific protein, usually a part of the antigen (disease-causing agent).

A traditional vaccine inserts part of the antigen directly into the body. A key difference between the two is the time it takes for the body to respond. With an mRNA vaccine, this waiting period is much shorter, leading to faster and more effective treatments.

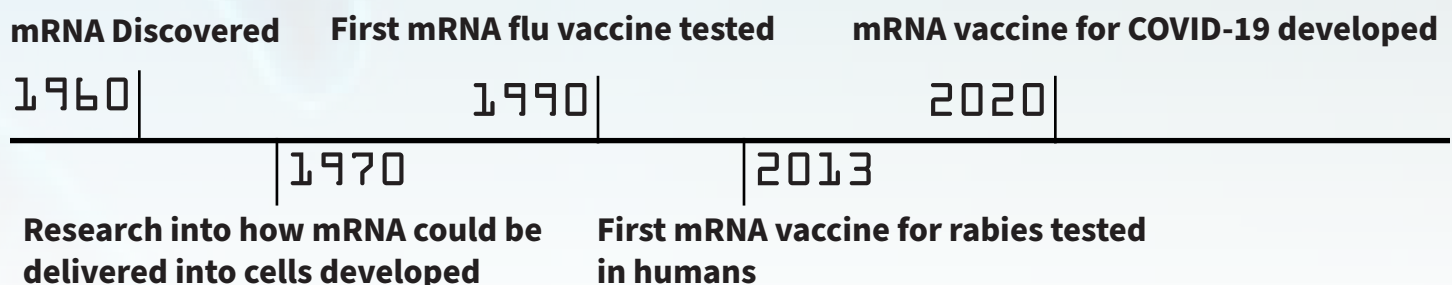
Not too long after the development of mRNA vaccines,

the technology was put through a global-scale field test through the COVID-19 pandemic, and it worked.

Although mRNA treatments have proved to be successful in combatting infectious diseases, researchers are looking into its applications in fighting a more complex foe; psychological illnesses.

A potential benefit to using mRNA treatments to fight mental illnesses is that it would stop the trial and error methods of current treatments. For example, there are various treatments for ADHD, one does not work on everybody. It's a process of trial and error to find which one works for a specific person, according to School Psychologist Patricia Heenan. This process can be expensive and time-consuming. If an mRNA treatment was administered instead, it would work regardless of the person.

From its modest beginnings, mRNA has ended up being a critical part of modern medicine. In the future, mRNA may become a keystone in humanity's toolkit for fighting psychological illnesses.



# On The Rise: Blue Light

by Maya Nowakowski

After surfing online for hours on end, watching a favorite tv show, or going on the phone in the car, it is common to have a headache or dry eyes. Many students experience this, but when they ask their parents what to do to relieve the pain, “That darn phone of yours,” is often blamed. But are they completely wrong?

**Digital screens and certain light bulbs emit blue light at various levels, which is the spectrum of light that has the most effect on sleep.**

Blue light is deeply intertwined with modern life. It comes from phones, fluorescent lights, and countless other electronic devices. According to Everyday Health, certain amounts of exposure can lead to headaches, eyestrain, and difficulty focusing.

Blue light glasses can help students stay productive during their assignments and protect the eyes from harmful blue light, according to some studies.

Blue light glasses are composed of different lenses that filter out harmful UV light rays and blue light emitted by screens. As explained in an article by Versant Health,

“Many times, these glasses are also treated to prevent glare to further lessen the strain on the eyes.”

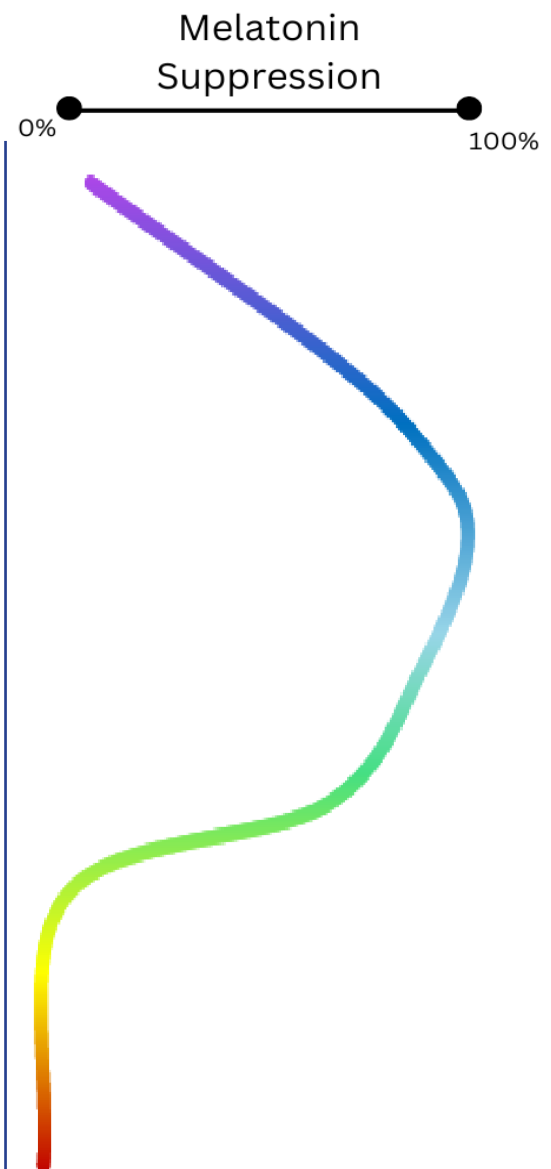
While staying up late finishing work, these glasses can also improve sleep. Digital screens and certain light bulbs emit blue light at various levels, which is the spectrum of light that has the most effect on sleep.

According to Dr. Cooper from Sutter Health, many people have difficulty falling asleep due to the fact that stimulation in the brain’s pineal gland by blue light can suppress sleep-inducing hormone production.

Many scientists and eye doctors promote the usage of blue light glasses. However, many of the problems with blue light can be resolved simply by how one uses these devices.

According to Specsavers, “While blue light blocking glasses are effective at reducing the amount of blue light that enters the eyes, there is no current research to suggest that this can improve or protect the health of your eyes.”

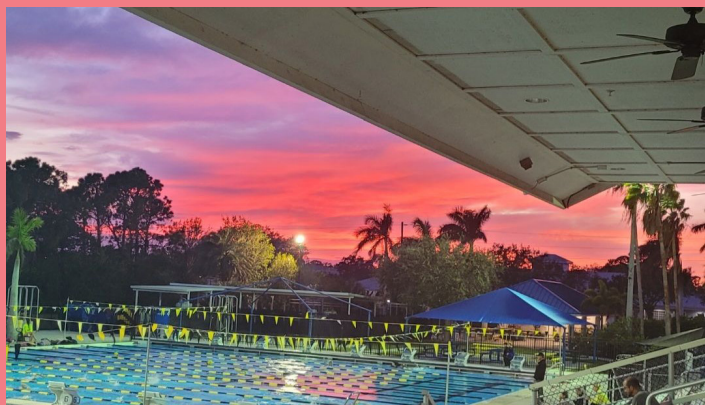
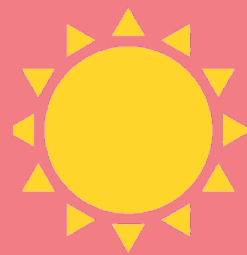
While the effectiveness of these glasses are questionable, there are many other ways to prevent eyestrain and headaches, such as keeping screens farther away from the face and staying off devices before going to sleep.





# LIGHTS OUT

BY INGRID  
CUSHMAN



The sky at Waterpark, Sarasota at 8:00 PM before Daylight Savings Time.  
**PHOTO BY ANA EASTER**



The sky at Waterpark, Sarasota at 8:00 PM during Daylight Savings Time.  
**PHOTO BY ANA EASTER**

After eight long (tiresome) hours at school, many students look forward to an after-school activity. While some extracurriculars are indoors most take place outdoors. However, the yearly daylight savings time affects this. During the winter months, without daylight savings, it may be hard to do things outside; it gets dark in Florida around 6 o'clock.

Research at farmersalmanac.com says, "The idea behind moving the clocks twice a year is to take better advantage of the sun's natural electricity (or light)."

Daylight savings time has been used for many years. It was first created during World War II in the interest of adding more daylight hours to conserve energy resources. Daylight savings time is adjusted to make longer evenings in the summertime. So, when someone wakes up on March 12, the daylight savings changing day, everyone will be an hour behind the usual time. However, on the other hand, on November 5, you will get an extra hour. More sleep!

Daylight savings can be controversial. For example, it can be bad for people's health. Dr. Phyllis Zee, a director for sleep medicine at Northwestern University's Feinberg School of Medicine, said in a KMBC news study, "Between March and November your body gets less morning light and more evening light, which can throw off your circadian rhythm."

When the clocks shift back to the fall pattern, it is much closer to the actual sun's day and night cycle. This can change someone's health like blood pressure and heart rate. Daylight savings can decrease productivity among the people affected. The hour time shift has a huge toll on people's physical ability. It is

one of the most sleep-depriving days of the year according to [sleepeducation.org](http://sleepeducation.org).

Daylight savings can be beneficial, too. For example, it is safer. Procon.org says, "Daylight in the evening makes it safer for joggers, people walking dogs after work, and children playing outside, among others, because drivers are able to see people more easily and criminal activity is lowered."

Not only this, but it is better for the economy, as well. Later daylight means more shopping after work, more people driving, more gas, and snack sales. It gives the economy a huge boost!

Florida has taken these reasons into consideration and decided to create the Sunshine Protection Act. This act will make Daylight savings time permanent in Florida on the day before November 5, 2023. This means we will be in the summertime change for some time to come.

Even though Florida legislature has stated its opinion on Daylight Savings, the students have their own opinions. Eighth-grade student Amelia Zagata said, "I like daylight savings because in the summer the evenings get cooler and it's more enjoyable."

However, eighth-grade student Faye Klutke has a different opinion on the matter.

"Daylight Savings doesn't really bother me, but I like it when I get more time to sleep. I love when it's darker in the mornings; when it gets darker in the afternoon it is kind of depressing," Klutke said.

Daylight Savings has been used for many years, but people are starting to rethink its value and if it is even important today.



# MACBOOKS VS. WINDOWS

BY BENJAMIN JIANG

## MACBOOKS

The Mac operating system is made by Apple. Some devices compatible with a Mac OS are the MacBook Pro, the MacBook air, and the iMac. Prices of Apple devices can range from a few hundred dollars to thousands of dollars.

The Mac OS is less susceptible to viruses, due to several reasons. Some of these are the better antivirus defense systems and the fact that since Mac users are a minority, less viruses are targeted towards them, and more are targeted towards Windows users.

“... [Mac] is less prone to viruses than Windows because Windows is open to a lot of different sources and Mac is not...” Seventh-grader Rugan Suresh said.

Mac is also better for users of Apple devices. There are differences between the user interfaces which can make adjusting to Windows or Mac difficult.

“...for Windows, the close window [button] is on the right, while for Mac, it’s on the left, and I used to always use Mac, so when I started using Windows ... on

the school computers, I couldn’t find the close window button,” Suresh said.



**Mac, made by Apple, is an operating system for computers. It is only used by Apple and is compatible with a variety of Apple products.** PHOTO BY MAYA NOWAKOWSKI

## WINDOWS

A PC is any computer that uses a Windows operating system, which is made by Microsoft. These computers are made by a variety of companies, including Dell, Lenovo, HP, and Acer. PCs are generally cheaper than their Apple counterparts.

Windows is compatible with most devices and more apps, unlike Mac OS which is only compatible with Apple products and certain apps.

“[Windows] gives me more versatility in a lot of ways, particularly file management and compatibility with plug-ins and applications...” Seventh-grader Ethan O’Donnell (7) said.

PCs are also cheaper than their Apple counterparts.

“I think that Mac OS devices tend to have a lot higher costs especially given the specifications of the devices that you’re getting. Since Apple is the only vendor that sells Mac OS, and when Apple sells something exclusively, they tend to charge a premium price to it...” O’Donnell said. Windows is better for people who do not use their devices much due to compatibility with apps and less cost.



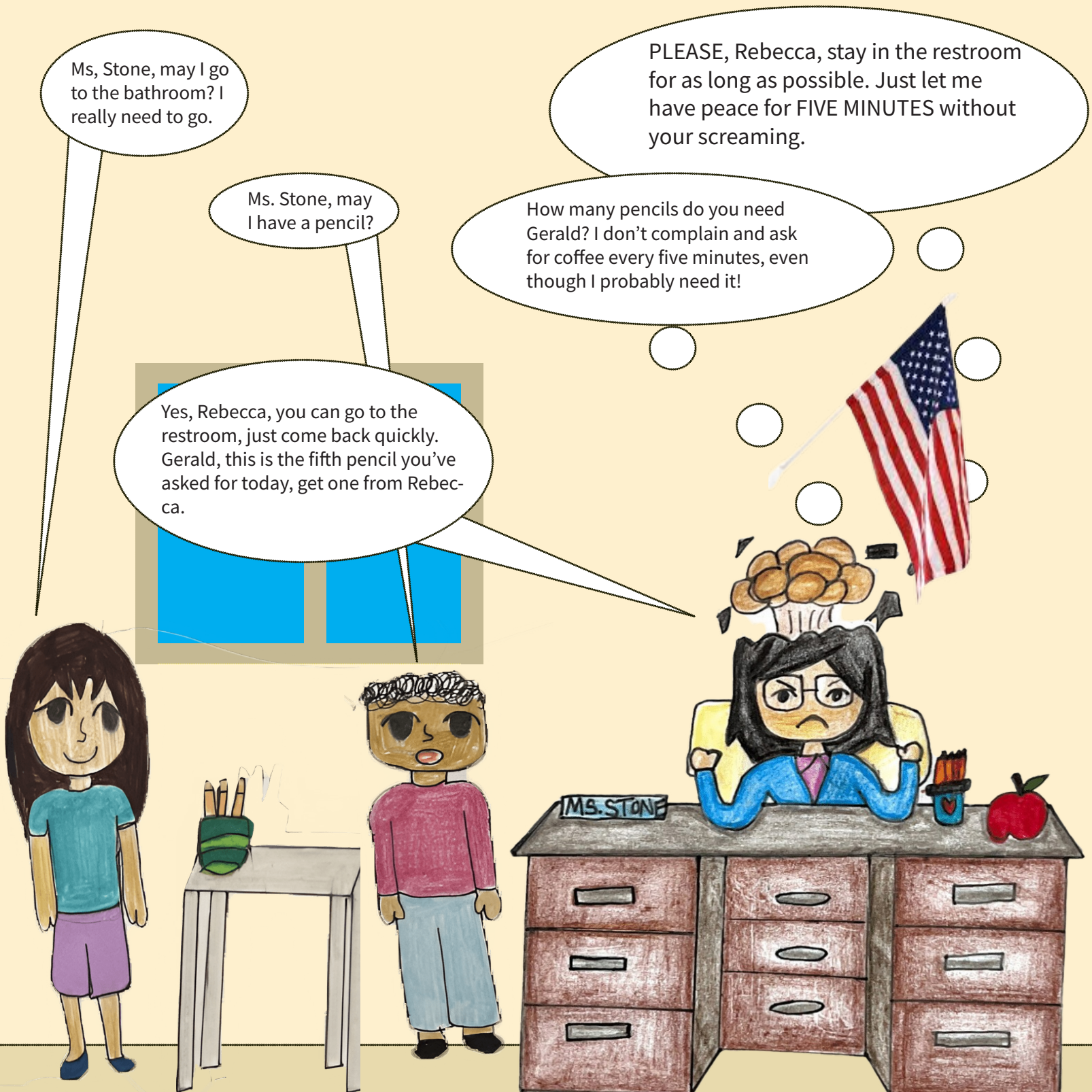
**Windows, made by Microsoft, is an operating system for technological devices. Some companies that use it are Samsung, Dell, and Acer.** PHOTO BY MAYA NOWAKOWSKI



# Just Another Normal Day

What do teachers think after they answer with that courteous smile?

Art and Concept by Anna Zhang





# Alligator Alliance

By Faith Downie

Before nightfall, journalism students pass by the back of Building 16, hoping to get a good last-minute photo for a story. They hear a scuttering commotion near the lake but don't think much of it. However, for the meeting of gators hiding in the bushes, it was a very close call.



## The Moss Alliance as they wait to attack Campus Alliance.

"Idiots! That was close! We must be more careful." said Swamp-Bite, a strong soldier from Moss Alliance, whose breath was kind of stinky.

"It's not my fault that you're just an oversized, scaly salamander!" said Obsidian Tail, who was a fierce gator, lengthy with a strong tail that hit hard as a rock.

"Excuse me, Bobigator was the last one in the lake," snapped back Swamp-Bite.

"Why bring me into this issue? I'm new, I haven't even been given a name!" Bobigator defended himself, nervous.

"Whatever, Bobigator. Let's just go check that the rest of Moss Alliance is ok, we'll be able to teach you more." Obsidian-tail was helping Bobigator learn about the alliance and its rules.

Bobigator followed the two a short distance, then snuck back onto the campus. The two students were gone, so Bobigator strolled around the campus for a bit, studying the

buildings and landscape. Bobigator was tired and decided to go rest in his nest, as it was nightfall.

Bobigator awoke to the full moon, and quietly shuffled away from his nest. Under the cover of the stars, Bobigator made his way out of the camp, past a building and what was called a "parking lot," and across the big ring of pavement with lines. He soon made it to the other lake by the campus, the refuge of Campus Alliance. He scurried inside.

"Bumpy-scale, he's back!" A gator called.

Bobigator recognized him as Red-eye, the navi-gator. He was calling the alliance leader.

"Cherry-fang, there you are. Do you return with progress?"

asked Bobigator, who is really known as Cherry-fang, greeted his true alliance's leader. He was just spying on Moss-Alliance after all. "My efforts are struggling, but they are working with time. Tonight, I almost had them captured at the evening's meeting," he reported.

"Very well. Do you believe we should exterminate Moss Alliance?"

"It is time indeed. I will execute the plan as soon as possible," said Cherry-Fang

The next day, Cherry-Fang strolled onto the campus during the school day, walking by the area of many tables, scaring students and teachers alike. He called out to the areas where smaller groups of Campus Alliance hid and nested. Alligators swarmed the picnic tables.

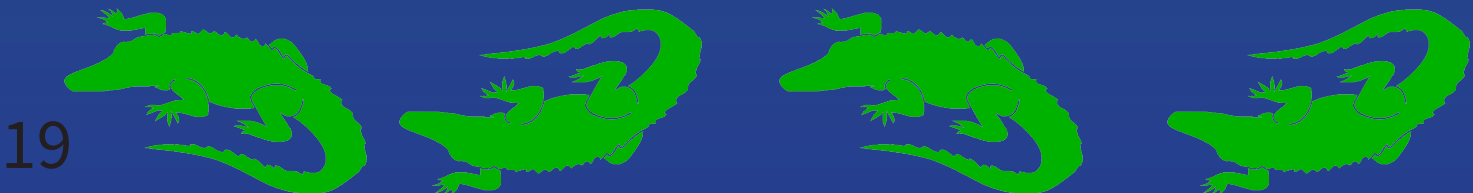
A kid screamed, "MR SCALEY GATOR STOLE MY SANDWICH!"

An alligator was running off with a sandwich in his mouth, and the kid had a bite on his hand. A teacher called animal control and Cherry-Fang bit the handlers. He led them to the lake and camp of Moss Alliance. Cherry-Fang leapt into the water, then hid right outside the camp.

Animal Control and the school security found that the lake was alligator-infested and planned to exterminate all the gators abruptly. At night, Cherry-Fang left his hiding spot and bounded back to Campus Alliance.

"BUMPY-SCALE! RED-EYE!" he bellowed out to the leader and fellow soldier. "The plan has worked. We must hide in the lake, but soon we will be free to take over the land of what was once Moss Alliance."

The alliance leader congratulated Cherry-Fang and called for a midnight meeting among all the areas of Campus Alliance. They all met in the middle of the tables and congratulated Cherry-Fang on his work, and he was grateful for the victory. The new lake would be necessary for survival of the alliance.



# NIGHT AT THE PINE VIEW ARCHIVES

By Joshua Kottler

This story begins with Timmy Little missing his bus. He waited for his mom to come pick him up, but he never called or asked her to. Being the only one there, he decided to have some fun. He ran through Building 17 and slid down the railings on the stairs. Eventually, he decided to look in the Pine View Archives. There was nothing there. Timmy looked outside and saw a golf cart speed past him. As he began to chase it, he saw that there was no driver. There was, however, a passenger. A small statue of a frog was there.

"Look up!" he heard from the golf cart.

When he did, he saw a large gray object about to crush him. He got out of the way as the thing put a hole in the sidewalk. The golf cart pulled up beside Timmy.

"Who are you and why are you here?" asked the Frog.

"My name is Timmy, and I missed my bus."

The Frog quickly explained to Timmy that, every night, at 12 AM, everything at Pineview comes to life. He offered Timmy a deal: if he promised not to tell anyone about this, the Frog would help Timmy escape, and Timmy agreed. Then they heard something smash through the golf cart.

"That is the stone. The only thing I know about him is that he likes to smash things. His favorite method is jumping off Building 17 and hitting his targets with the power of gravity. He just destroyed our way out of here, so we should run," said the Frog. "If we ever want to get out of here, we are going to need enough power to shatter the fence blocking our path. With all the doors locked, we must break through. We need to get to the kitchen and retrieve some food. We use that food to bribe another golf cart into breaking a hole in the fence. Then we make our escape out of that hole."

They got food from the Student Union and went to the library. As soon as they arrived, they did not find the golf carts they hoped for. They found an exceptionally large, floating pair of scissors cutting every book it could.

"We are going to have to be very careful Timmy. If he gets mad at us, he could cut us up into pieces," warned the Frog.

Not even before the Frog could finish that sentence Timmy was talking, "Hey you big, inefficient, hand powered shredder, where are the golf carts? We need them right now!"

"What did you say to me punk? I am a pair of scissors!"

"You don't look like it."

At that moment, the pair of scissors cut at Timmy and almost hit. It was so close, Timmy's shirt was caught on the blade of the pair of scissors. He was thrown across the media center.

The pair of scissors darted across the room trying to hurt Timmy. Timmy could not stand up to the raw power of the pair of scissors, but the Frog knew someone who could. Cartus was the most powerful golf cart at Pine View. And luckily, he was just across the room playing on the computer.

"Hey Cartus! I'll give you some chicken nuggets if you help me here!" yelled the Frog.

Cartus was there at once, ready to help with anything for chicken nuggets. He saw the issue immediately and got in a fight with the pair of scissors. While Cartus held back the pair of scissors, the Frog had been collecting books. The biggest, thickest books there. Books that not even the pair of scissors could cut. The books were thrown at the pair of scissors, who tried to cut them. The books gave enough of a distraction that Cartus, the Frog, and Timmy made it out of the media center.

"Cartus, if you can break that fence, I'll give you the chicken nuggets," said the Frog.

Cartus rammed and broke the fence.

"Get out of here Timmy," said the Frog, "Oh, and don't miss the bus again!"



**The scissors that opened building 17, that serves a nefarious purpose at night.**



**"The Stone" A massive cinderblock taken from the remnants of the construction materials left over from building Building 17.**



# *Elon Musk Buys Twitter*

by Timmy Nesanlelis

Forty-four billion dollars, an amount of money 99% of the world will never have, enough to buy the Mona Lisa 55 times, an amount estimated by the Department of Housing and Urban Development to be over double the amount it would cost to end homelessness. On what was all this money spent? Twitter, a social networking site.

And who was bold enough to spend that much money on social media? SpaceX Cofounder and owner of Tesla Motors, Elon Musk. There was joy and there was outrage, but there's one thing for sure, Musk is about to change Twitter.

It all began April 9, 2022 when Musk announced that he had purchased more than 9% of Twitter's shares on the open market. At first, Twitter offered Musk a board seat, but that plan quickly fell through — and Twitter decided to fend off a hostile takeover from Musk, by board members to buy shares at discounted prices, so Musk would not be able to get enough shares to own the company. But all this did was add fuel to the fire, and when Musk offered a ludicrous forty-four billion dollars to the company, Twitter took the offer April 25.

For the next few months, Musk delayed the deal due to his outspoken dislike of Twitter's bot policy, which caused Twitter to sue him to enforce the deal, with the lawsuit saying that "Musk's conduct simply confirms that

he wants to escape the binding contract he freely signed, and to damage Twitter in the process."

Musk then countersued Twitter for fraud. At a stalemate, Judge McCormick, who presided over the trial, gave Musk and Twitter a chance to come to an agreement, and October 28, Musk officially finalized the acquisition, taking over Twitter and promptly firing key executives, including CEO Parag Agrawal and policy director Vijaya Gadde.

Musk shared his ideas fast to turn Twitter into a free speech "everything app" modeled after WeChat, a Chinese social media



platform that is used by more than a billion people to find news, hail cabs and order food, but it hasn't gone to plan.

He laid off half of its workforce in November and added a plan to boost revenue by charging users \$8 per month to receive a coveted verification check-mark on their profiles as a part of Twitter Blue, which was quickly removed because people had used

it to impersonate famous brands and companies, even in one case losing insulin production company Eli Lilly a whopping twenty billion dollars.

Musk reinstated multiple suspended users, one of which, rapper and hip-hop musician Kanye West, was banned less than two weeks after for antisemitic hate speech.

So, what now? Musk is clearly not off to a great start when it comes to his "updated version" of Twitter, but traction has certainly increased on the platform. According to a pitch deck Musk created, "user sign-ups are at an all-time high" and "user active minutes are also at an all-time high", and despite rampant hate speech increasing on the platform, the impressions with hate speech are decreasing. But for now, the site seems to be heading in the wrong direction with controversy after controversy, and only time will tell what the future holds for Twitter.



# *Elon Musk Buys Twitter*

by Timmy Nesanlelis

Forty-four billion dollars, an amount of money 99% of the world will never have, enough to buy the Mona Lisa 55 times, an amount estimated by the Department of Housing and Urban Development to be over double the amount it would cost to end homelessness. On what was all this money spent? Twitter, a social networking site.

And who was bold enough to spend that much money on social media? SpaceX Cofounder and owner of Tesla Motors, Elon Musk. There was joy and there was outrage, but there's one thing for sure, Musk is about to change Twitter.

It all began April 9, 2022 when Musk announced that he had purchased more than 9% of Twitter's shares on the open market. At first, Twitter offered Musk a board seat, but that plan quickly fell through — and Twitter decided to fend off a hostile takeover from Musk, by board members to buy shares at discounted prices, so Musk would not be able to get enough shares to own the company. But all this did was add fuel to the fire, and when Musk offered a ludicrous forty-four billion dollars to the company, Twitter took the offer April 25.

For the next few months, Musk delayed the deal due to his outspoken dislike of Twitter's bot policy, which caused Twitter to sue him to enforce the deal, with the lawsuit saying that "Musk's conduct simply confirms that

he wants to escape the binding contract he freely signed, and to damage Twitter in the process."

Musk then countersued Twitter for fraud. At a stalemate, Judge McCormick, who presided over the trial, gave Musk and Twitter a chance to come to an agreement, and October 28, Musk officially finalized the acquisition, taking over Twitter and promptly firing key executives, including CEO Parag Agrawal and policy director Vijaya Gadde.

Musk shared his ideas fast to turn Twitter into a free speech "everything app" modeled after WeChat, a Chinese social media



platform that is used by more than a billion people to find news, hail cabs and order food, but it hasn't gone to plan.

He laid off half of its workforce in November and added a plan to boost revenue by charging users \$8 per month to receive a coveted verification check-mark on their profiles as a part of Twitter Blue, which was quickly removed because people had used

it to impersonate famous brands and companies, even in one case losing insulin production company Eli Lilly a whopping twenty billion dollars.

Musk reinstated multiple suspended users, one of which, rapper and hip-hop musician Kanye West, was banned less than two weeks after for antisemitic hate speech.

So, what now? Musk is clearly not off to a great start when it comes to his "updated version" of Twitter, but traction has certainly increased on the platform. According to a pitch deck Musk created, "user sign-ups are at an all-time high" and "user active minutes are also at an all-time high", and despite rampant hate speech increasing on the platform, the impressions with hate speech are decreasing. But for now, the site seems to be heading in the wrong direction with controversy after controversy, and only time will tell what the future holds for Twitter.





# Cook Book of Cultures

The Spark asked eight students for their favorite family recipes from around the world!



# HOT POT

By Megan Ma



Hotpot is a very popular dish in Chinese culture especially during the winter months when it is cold outside.

Many people eat it during large gathering events to bring people together, one of these people being Eighth Grader Jack Lu. Normally, it is a giant pot that is divided down the middle which allows for different flavors.

“In Hotpot, you can have a mild side and a spicy side, and it allows for a lot of diversity,” Lu said.

The dish is heated to a boiling temperature. Raw ingredients – which include meat, seafood,



vegetables, noodles, tofu, starches, etc. are set around the pot on the table. The ingredients are then tossed into the broth to cook, and in just a few seconds they’re ready to eat, making it perfect to eat as much or as little as you want.

Hot Pot is a dish with over 30 variants, with many varying soup recipes, so instead, this section will show you how to eat hot pot correctly!

## Ingredients:

A Variety of Meats, Fishes, Vegetables, Noodles, and Dumplings  
A Variety of Soups

1. Take your choice of ingredient and dip it into the steaming hot soup.
2. For thinly sliced meats, cooking time is usually less than ten seconds
3. For different vegetables, cooking times can be between 2-3 minutes.
4. Dip in a sauce of your choice and enjoy your deliciously cooked food.
5. This is a social dish, so use etiquette when dipping your food into the soup base!

# PANEER & PANI PURI

By Julian Regar



For this recipe, we travel to eighth grader Shivam Patel’s house. Around this time of year, his

family cooks many different delicious foods – two of which are Paneer and Pani Puri.

It is a tradition to cook these foods in Patel’s household. Ever since he was born, his family has been cooking these foods every winter. The food is not for a holiday, they just cook it for fun.

“[These foods] are bonds between my family,” Patel said.  
“We all gather for a family dinner and eat.”



Paneer and Pani Puri originated in India. Paneer is a type of cheese and Pani Puri is a common street food snack. Pani Puri tastes very sweet and Paneer has a slightly sour taste to it.

“[These foods] mean everything to me” Patel said

## Ingredients (Paneer):

Milk  
Acid (Choice of 1/4 cup of yogurt, 2 tbsp of Lemon Juice, or 2 tbsp of Vinegar)

1. Bring six cups of milk to a boil on a medium flame.
2. Once it boils, turn off the stove and add your acid of choice.
3. The milk will immediately begin to curdle. If it does not curdle, add more vinegar or turn up the heat.
4. Once it has curdled completely, It should be a milky white and the whey should be clear.
5. Put it inside a cheese cloth, rinse with cold water, and let it hang for 30 minutes.
6. Put a heavy object on top of the paneer to weight it down.
7. Open the cloth and enjoy!



# VINAGRETTE SALAD

By Madelyn Bailey



One cultural dish that is significant to eighth-grader Miroslava Chursina is the Russian Vinagrette salad.

Russian Vinagrette salad is a savory salad made with a variety of vegetables. Chursina said that carrots, potatoes, pickles, and beets “combine together to make it taste really good.” The beets specifically give the dish a rich pink color, something you may not find in many other dishes. It is often served as a type of zakuska, or small dish, during dinners with Russophone families.

Russian Vinegrettew salad is healthy, vegan, and delicious.



The salad originated in the 19th century and is a popular holiday dish in Slavic countries.

## Ingredients:

3 large carrots  
2 large potatoes  
2 beets  
6 large pickles  
1 onion purple, yellow or white  
2 tbsp sunflower oil  
1 tbsp salt adjust to taste

1. Bring a large pot of water to boil. Add in carrots, potatoes, and beets. Boil for 30 minutes, or until you can pierce the veggies easily with a fork. Drain the veggies and set them aside to cool at room temperature.

2. Remove the skin from the potatoes, beets, and carrots.

3. Dice the veggies into small cubes.

4. Stir the veggies to combine and season with salt and oil to taste. Serve and enjoy!

# CHICKEN ADOBO

By Mia Spica



Chicken Adobo is a popular Philippine dish which has many cultural variants across lots of Hispanic heritage

countries. Adobo is a dish consisting of chicken and numerous spices and sauces used to preserve and enhance the chicken's flavor.

Eighth grader Lukas Vecchioni said, “I eat it with bay leaves, chicken, vinegar, and soy sauce, its pretty good.”

Adobo dates to 1613 from Spain from a man named Pedro de San Buenaventura. The Philippine people originally made adobo to preserve their food, and because



adobo has a high vinegar and sodium content.

Vecchioni and his family eat adobo on special occasions.

“My family is from the Philippines, so we like to eat adobo often,” he said.

## Ingredients:

3/4 cup white vinegar  
1/2 cup low sodium soy sauce (or tamari)  
8 cloves garlic, minced  
1/2 tsp black peppercorns  
2 bay leaves  
1 Tbsp brown sugar  
3 lbs skinless chicken thighs, fat trimmed  
2 Tbsp canola oil  
4 green onions, thinly sliced

1. In a large bowl, combine vinegar, soy sauce, garlic, peppercorns, bay leaves, and brown sugar. Toss the chicken in this sauce, then cover and refrigerate for an hour.

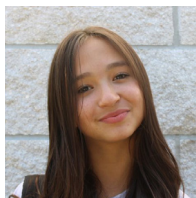
2. On medium-high heat, heat canola oil until glistening, then add your chicken and brown on both sides

3. Add the remaining marinade and let simmer on medium-low for 10 minutes, flipping the chicken.

4. Serve with rice and enjoy

# TAMALES

By Alexander Dhanraj



Seventh grader Marisa Colwell enjoys many foods, but one of her favorites is tamales. Tamales are

a Mexican-Guatemalan food with a corn-based dough that is filled with meats and cheeses. “It is special to me because I am Guatemalan, and this dish is really important to me,” Marisa said.

Tamales have many components, which is why they are on the harder side of things to make. It requires dough that needs to be tended to often. There are also various types



of meat, cheeses, spices, and broths to make the tamales taste very good.

“My mom and I make them every Thanksgiving. Even though it is hard to make, it’s worth it,” Colwell said.

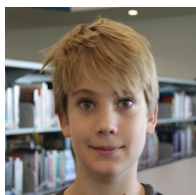
## Ingredients:

4 pounds boneless chuck roast  
4 cloves garlic  
3 packages dried corn husks  
4 dried ancho chiles  
2 tablespoons all-purpose flour  
1 cup beef broth  
2 cloves garlic, minced  
2 teaspoons chopped fresh oregano  
1 teaspoon ground cumin  
1 teaspoon red pepper flakes  
1 teaspoon white vinegar  
3 cups lard  
1 tablespoon salt  
9 cups masa harina

1. Place beef with cold water in a pot and simmer until beef is tender. Save the stock and shred the beef
2. Toast and remove seeds and stem from ancho chillies, then grind up.
3. Place weighed down corn husks and cover with warm water.
4. Oil a skillet and add flour and let it brown. Add your stock and all spices, then stir in beef. Simmer for 45 minutes
5. Whip lard and salt until fluffy then add Masa Harina on slowly.
6. Place narrow side of corn husks down toward you, place 2 tbsp of masa mixture and 1bsp of meat mixture, then roll up the husks
7. Steam the husks for an hour, adding more water if necessary, and serve hot!

# KANELBULLAR

By Katerina Mazzo



Seventh-grader Elton von Wowern is from Sweden and enjoys many foods that are related to his culture. Above

all, though, his favorite is a sweet snack called Kanelbullar.

“It’s basically a Swedish cinnamon bun,” von Wowern said.

Kanelbullar is a delectable treat used to celebrate the Swedish holiday called Lucia. This is when boys and girls dress up to signal opposites, such as light and dark. Von Wowern also said that the recipe was easy to make, only needing a few ingredients to complete it,

such as dough, cinnamon, sugar, and various spices.

“It makes me happy,



and that is why it is one of my favorite snack,” von Wowern said.

## Ingredients:

1/2 Cup of Warm Milk  
1/2 Cup of Warm Water  
1/2 Cup of Soft Unsalted Butter  
3 Cups of All Purpose/Bread Flour  
1 Tsp of Salt  
2 1/2 Tbsp of Sugar  
1 Tsp of Yeast  
1/2 Cup of Brown Sugar  
2 Tsp of Cinnamon powder  
1/2 Tsp of Cardamom powder

1. Into a bowl, add the warm milk, water, sugar, salt, yeast, and only 1/4 Cup of Butter and combine. Once combined, add your flour.
2. Knead the dough until it is completely combined and let it rest for 30 minutes.
3. Once risen, roll out the dough into a rectangle and spread the rest of the butter on the dough.
4. Combine Brown Sugar, Cinnamon, and Cardamom and spread on the buttered dough.
5. Take the dough and fold it to a trifold, then cut and swirl the dough.
6. Make the dough into a bun, bake at 420F for 15 minutes, and enjoy!



# CHAPATIS

By Vivien Serine



Seventh grader Rishik Yellu enjoys many delectable foods from India, but a delicious fried dough called chapatis is his favorite.

“The flavors go so well together,” Yellu said, “I really enjoy it.”

This easy recipe only needs four ingredients: Salt, oil, flour, and water. If one were to make this at home, they need to combine all the ingredients and fry it, resulting in a puffy piece of dough that feels very savory and bread-like to the person eating it. Chapatis are often used to scoop different curries, but are still delicious eaten by itself



“This recipe is special to me because my mom makes it,” Yellu said. “It doesn’t take a lot of time, but it is a big part of my culture.”

## Ingredients:

1 cup whole wheat flour  
1 cup all-purpose flour  
1 teaspoon salt  
3/4 cup hot water or as needed  
2 tablespoons olive oil

1. Mix flours and salt in a large bowl, then stir in water and olive oil. Mix until dough forms and add more water if needed. Knead dough on a lightly floured surface until smooth.
2. Divide dough into equal pieces, or less if you want larger chapatis. Roll each piece into a ball and let rest for a few minutes.
3. Heat an oiled pan over medium heat. Roll dough out on a lightly floured surface until very thin.
4. When the skillet starts to smoke, place a circle of dough in it. Cook until bottom has brown spots, about 30 seconds, then flip and cook 30 seconds more. Repeat to cook remaining chapatis.
5. Eat with your favorite curries, chutneys, or dals!

# KIMCHI

By Alexander Dhanraj



Seventh grader Ki-ana Gilmour loves many foods from her Korean heritage, and especially enjoys a food called kimchi.

“It is basically a spicy cabbage that has been fermented for a while.” This spicy, rich meal has many different flavors combined, making it a perfect snack for anybody.

“I have been having it for a long time, which is why it is special to me.” Gilmour said.

The tradition of making kimchi started as a way to ferment and store vegetables during the cold winter when many people



would die of starvation.

Kimchi is a very simple recipe to make. It is a perfect recipe to eat anytime, as a snack or as a side dish, and it is spicy, sour, and juicy delight to the person eating it.

## Ingredients:

2 pounds of Napa Cabbage  
1/4 cup of iodine free sea salt/rock salt  
4 medium scallions  
1 tsp of granulated sugar  
1 tbsp of grated garlic  
1 tbsp grated ginger  
8 oz radish  
1-5 tbsp of gochugaru red pepper flakes  
2 tbsp of Fish Sauce or Shrimp Paste

1. Cut your cabbage lengthwise into 2-inch long strips, cut off the cores
2. Put your cabbage into salt and rub into the cabbage until it softens, before covering in water for 1-2 hours..
3. Make your Kim Chi paste with garlic, ginger, sugar, and choice of fish sauce or shrimp paste, and stir until a paste. Add gochugaru to your spice level.
4. Rinse the cabbage and then combine the Kim Chi paste with the cabbage, rubbing into each piece, then pack it into a jar to ferment for 1-5 days at room temperature.
5. Wait until ready and enjoy!



# SPARK SPONSORS

**Thank you for supporting us and helping  
us pay for this issue of the Spark!**

## PLATINUM

**Sage on Palmer Ranch Park  
Reinforced Earth Company**

## GOLD

**The Nesanelis Family  
Valcourt Building Services**

## SILVER

**Sallapudi Orthodontics  
Black Cove furnishinngs  
Global Concept Group**

## BRONZE

**Yoder Physical Therapy and Wellness  
The Tagle Family  
Lil' Divas and Dudes Salon and Day Spa  
Our Hypnotist.com  
The Apgar Family  
QTech Flooring and Remodeling LLC  
Print941.com  
The Fancher Family  
Blest Yoga and Sound Baths**

## FAMILY

**The Erbe Family  
Joseph's Pizza and Grill  
The Ma Family  
The Dhanraj Family  
Sarasota Technologies LLC  
The Majorsky Family**