SCIENTIFIC MAGAZINE 2 ESO C SOCORRO SCHOOL BENETÚSSER, VALENCIA (SPAIN)

FEBRUARY 2021

SAVERS

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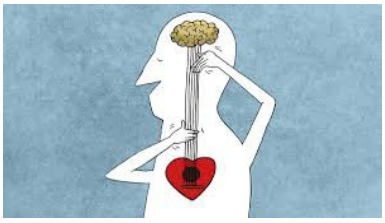

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Rabbits and their curiosities

by Sandra Muñoz & Laura Pulido

Rabbits are small mammals with fluffy, short tails, whiskers and distinctive long ears.

There are more than thirty species around the world. Some of them are about the size of a cat and others can grow to be as big as a small child. However, there are also dwarf rabbits. Their size is just 20 centimeters in length.

Rabbits are known for their reproductive habits. They breed three or four times each year.

Rabbits are herbivores, so they have a plant-based diet and do not eat meat.

They are very social creatures and live in large groups called colonies.

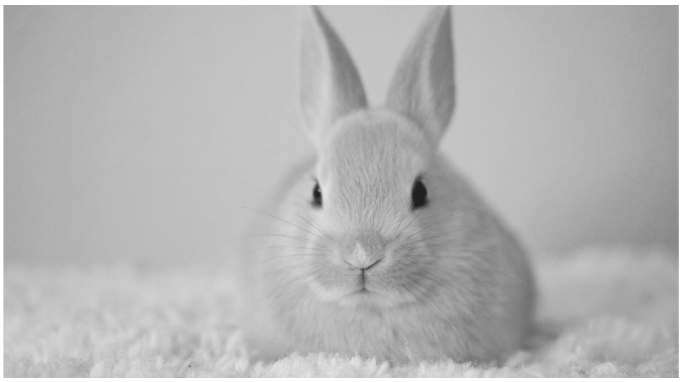
Rabbits are very curious. They love to explore everything around them. They usually play with other rabbits or humans run after them. They are also very intelligente, affectionate, funny and sociable with us.

Rabbits sleep between six and seven hours a day.

They live between eight and ten years at home and in freedom from six to seven years.

When rabbits are happy they purr like cats.

Rabbits are not good pets so if you are interesting in getting a pet, you should have enough experience with other animals before you are ready to take care of a rabbit.



DOLPHINS

By Adriel Miranda
and Claudia Martínez

Dolphins´ intelligence

Despite advances in science and researches, scientists studies found out exactly how dolphins intelligence is. Since humans only use 10% of our brains, dolphins use 20%.

Dolphins´abilities

**Dolphins can understand and follow the instructors orders. These animals have an extraordinary talent to solve problems.
They can work in a cooperative way and help each other.**

Bottlenose dolphins.

**Two bottlenose dolphins in Florida had to remove the cap from a PVC tube filled with fish.
They realised that the only way to do it was to work together.**

Dolphins, a psychological help

**Scientists have studied dolphins because they are good to help people psychologically.
Many studies give positive dates about dolphins help.
This therapy doesn't avoid medicine but can be an excellent complement.**

**Many people should live this experience.
When dolphins are in the water, they make waves and let humans relax.**

Dolphins theraphy has amazing results against stress.

In the USA scientists have better results in the last years and they think dolphins can learn fast and easier than other animals.

WILL POLAR BEARS BECOME EXTINCT?

By Nerea Moraga

Unfortunately, polar bears are endangered because the climate change is destroying their habit in the Arctic Ocean and reducing the number of species in our planet.

The extinction of the polar bear has several causes but the main one is the loss of their habitat, due to global warming, which causes the melting of the poles and it makes many species die.
Climate change also affects their food source. They depend on several species of seals and they move to oher places to find their own food, so polar bears have less to live on.

What can humans do to solve this problem and avoid the extinction of these species?

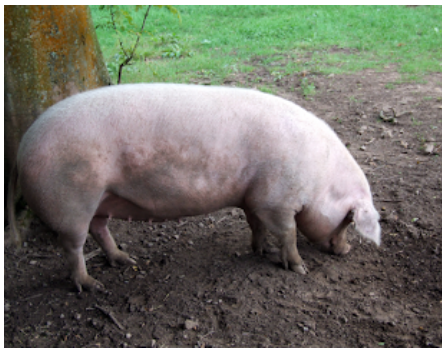
There are several ways to reduce climate change and also to stop letting more species to disappear. Citizens shouldn't go by car and go by bike or by foot. People can also save electricity, reduce plasctic consumption, consume local goods and services, preferibly from sustainable practices to contribute to reduce the greenhouse gases.

In conclusion, polar bears have been in danger of extinction for some years. Humans are destroying their habitat, and if they keep going this way, more species will disappear soon.
But if they care more about the environment and these animals, the extiction of the polar bear will stop.

ARE PIGS MORE INTELLIGENT THAN WE THINK?

Pigs in the mud

Pigs, amazing truffle hunters



Smart pigs can solve puzzles

One of the most intelligent animals in the world are pigs. Their cognitive level is in the same level as a three-year-old child.

Popular thinking makes us think of pigs as dirty animals, crammed in their own excrement or just living their herd. However, this is only a consequence of the captive breeding conditions of these creatures, which in no way represents their natural behaviour. In fact, if we give pigs an opportunity, these creatures would not choose to defecate where they eat and sleep.

Pigs love to roll in the mud because of their hairless skin. It helps them cool off and protect themselves from the sun, just like elephants and rhinos.

In addition, these creatures manage to their enclosures alone, develop their own routine and can be trained, just like a dog, to hunt for the prized truffles, but not only that, but they are also capable of doing some amazing things like the following ones :

- They are able to memorize long journeys in search of something that they already know. It shows that they have a great memory.
- They can solve puzzles through a mirror that reflects an image.
-They are able to manipulate a keyboard to achieve the desired result.
- They can fool other pigs to get a full reward and not to share it with anyone.
Over the past few years, several studies have tried to quantify the intelligence of a pig. Some of those studies have even discussed that pigs are even more intelligent than dogs or have a greater abilitiy to understand commands when trained so they would be more like chimpanzees in intelligence.

FERRETS AS EMOTIONAL SUPPORT ANIMALS

BY ANDREA TAMARIT

FERRETS ARE THE BEST HELP FOR THOSE WHO SUFFER FROM ANXIETY OR STRESS

Service animals need to be extremely high trained and perform specific tasks for their owners to help them live with their disability.

Ferrets are small, friendly, quiet, social and litter-trained! They´re also incredibly easy to carry around with you and they don´t get stressed out with moving around all day and not being able to go outside much.

Surprisingly, ferrets are even able to be trained to perform service-related tasks that compliment their therapeutic personalities. They can be calmed down and coaxer others to go to sleep by holding them closely or keeping them in a comfortable space, love to be nuzzled into the owner´s arms.
This is an excellent therapy for those who suffer from anxiety or stress.

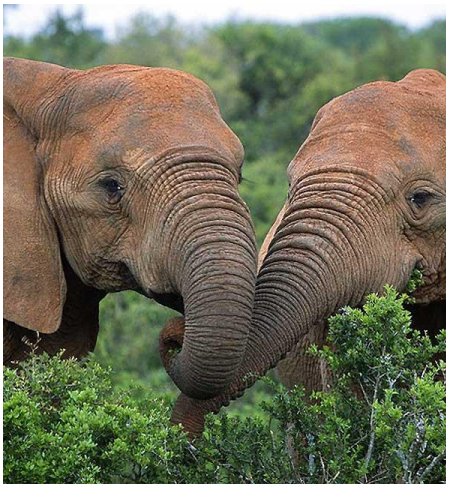
CAN CATS PREDICT NATURAL DISASTERS?

by Adrian Tomás

Cats can predict natural disasters since they have better hearing than humans. Cats can hear things we cannot because they have a very high auditory sensitivity that amplifies the sounds coming from inside the Earth to their nose. It lets them feel changes in the environment.

THE ELEPHANT SOUL

BY ROSA Mª BONORA



ELEPHANTS CAN COMFORT AND SUPPORT OTHER ELEPHANTS BY PUTTING THEIR TUBE IN THEIR MOUTHS

Elephants feel empathy. When a herd has lost one of its members, all the group is affected. They visit the place where the elephant died. When a mother has lost her baby, she acts sadly for days.

When a group of elephants visited the site of a matriarch in Africa who died weeks earlier. They stayed next to the body, touching it and standing silently around it with tears in their eyes.

BABY DOLLS A THERAPY FOR OLD PEOPLE

The therapy with dolls in nursing homes is working in Europe.
In nursing homes workers discovered that old people liked hugging dolls. Therapists recommended to use realistics ones.

Nowadays it is easy to find them and you have to pay attention to realise that it is a doll and not a real baby.

Ruth Ablett, a therapist is using this therapy for eight years .

by Lucía Sereno

SOPHIA, THE HUMANOID ROBOT

by Natanaël Selas

Sophia is a humanoid robot and has been designed to learn, adapt and work with a human behaviour successfully.

She has been interviwed all around the world and in October 2017, she became a Saudi citizen, being the first robot with citizenship of a country.

Sophia has artificial intelligence (AI), visual data processing and facial recognition. Sophia also imitates gestures and facial expressions. It uses the latest advances in perception machinery which allows to identify and recognize human faces as well as emotions and gestures, not only of the face, but also of the hands.

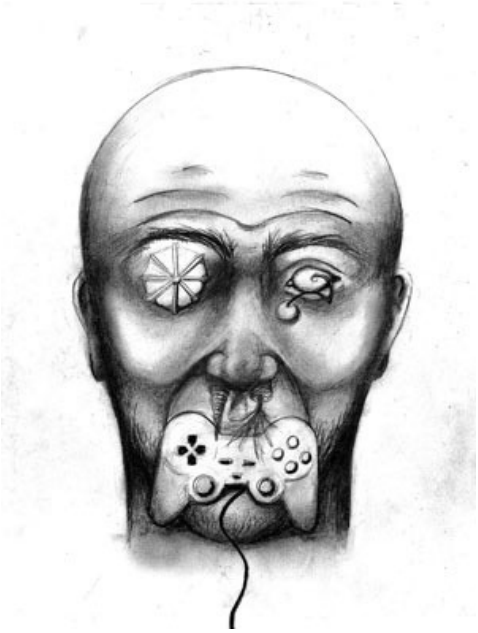
Sophia is also able to answer certain questions and have simple conversation about predefined topics.

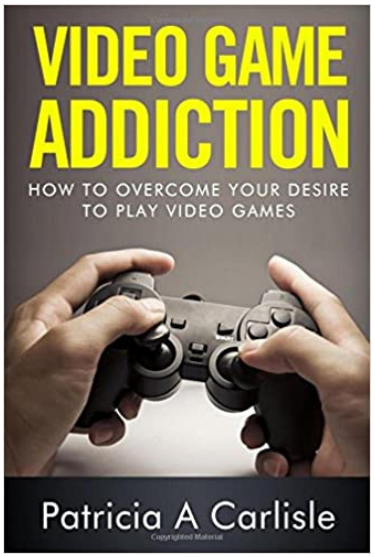
This robot uses speech recognition technology and is designed with learning capabilities.
Her AI software analyses conversations and extracts data that allows her to improve her responses over time.

At first, Sophia was designed to help elderly people who were in nursing homes but it is intended to achieve a greater expansion of the product.

ARE VIDEO GAMES ADDICTIVE?

BY KIKE SÁNCHEZ





Video games addiction can affect individuals on a biological, personal and social level since the addiction can present neuronal damage, obesity, depression, poor academic performance and isolation,

At times, the individual is creating a fanciful idea about the dominance that a person can exercise over others, generating in them violence, paranoid and superiority attitudes.

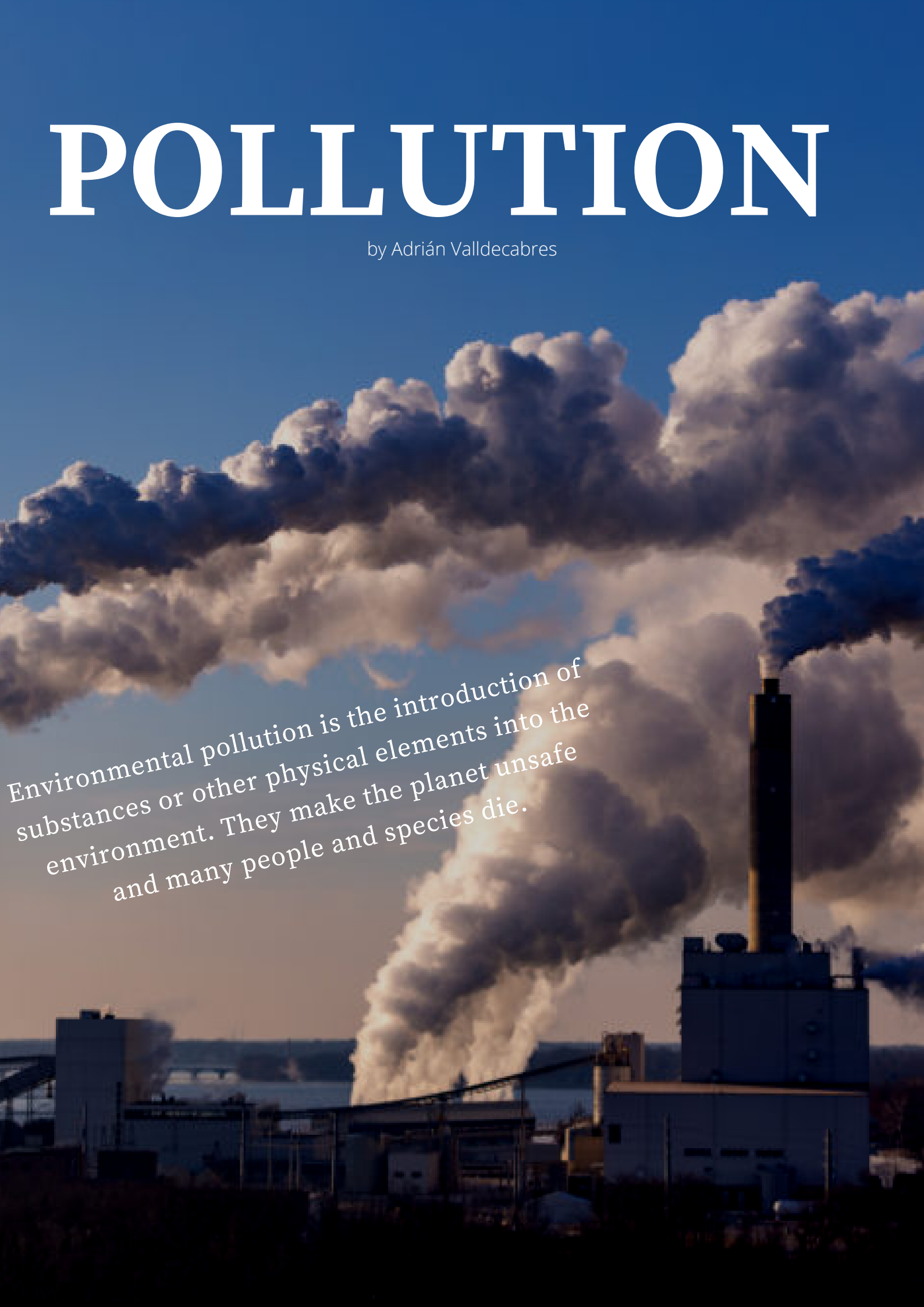
Video games addicts are characterized by being anxious, impulsive, with little tolerance for criticism and insecure to enter into a social relationship.

Although video games cause greater neurochemical damage in infants, adolescents and adults, there are also affectations, since by becoming an excessive playful activity, it interferes in the personal life of the individual.

Video games addiction falls in particular in a line of gambling called technopathy, which is a vice of video games and is found in impulsive disorder where the person is immersed in that world and falls within the obsessive network compulsive.

POLLUTION

by Adrián Valldecabres



Environmental pollution is the introduction of substances or other physical elements into the environment. They make the planet unsafe and many people and species die.

MUSIC THERAPY

When everyone thinks of going to a psychologist, they usually understand that a psychological therapy is based on a dialogue, but it is not the only tool that psychologist use. Other therapies are based on drawing, breathing, doing exercise and in listening to music.

HOW CAN MUSIC HELP PEOPLE WHO HAVE ALZHEIMER'S DISEASE?

Music can also benefit caregivers by reducing anxiety and distress, lightening the mood, and providing a way to connect with loved ones who have Alzheimer's disease — especially those who have difficulty communicating.

If you'd like to use music to help a person who has Alzheimer's disease, consider these tips:

Think about the person´s preferences.
What kind of music does your the ill person enjoy? What music evokes memories of happy times in his or her life? Involve family and friends by asking them to suggest songs or make playlists.

Set the mood. To calm the sick person during mealtime or a morning hygiene routine, play music or sing a song .
Avoid overstimulation. When playing music, turn off the TV. Shut the door.

Encourage movement. Help the old person to clap or tap his or her feet to the beat. If possible, consider dancing.
Sing along. Singing can help stimulate unique memories.

HUMAN BRAIN

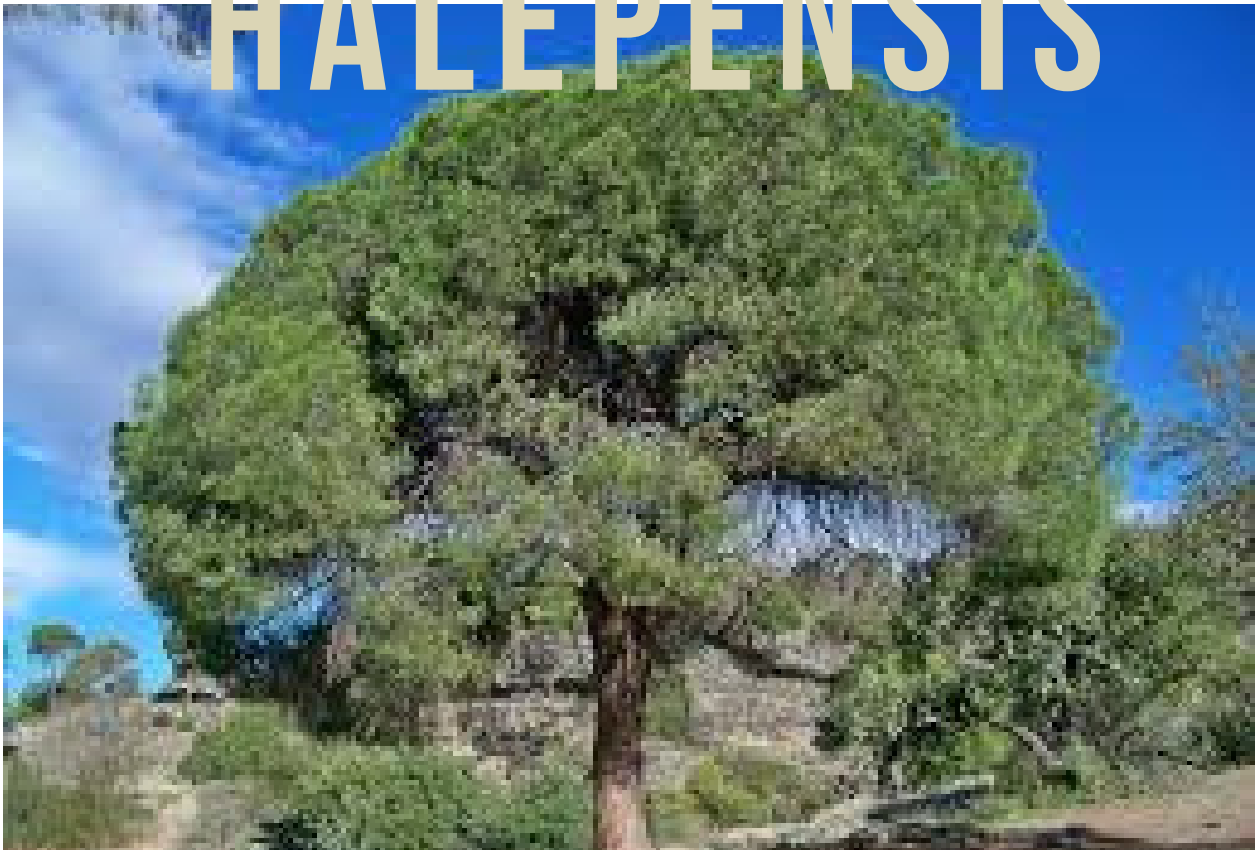
OUR BRAIN RELATES SOMETHING AS SIMPLE AS A GEOMETRIC SHAPE, A COLOUR, A NAME OR A VOICE.

Our brain has the ability to understand the shape, size, colour and distance of the objects.
Many times, our brain can get used to the sound of the objects and it is able to interpret its meaning.
For example, when we see a gun, we understand that it is a dangerous object but if it is an apple we don´t see the danger.

This can also happen with animals.
When a sheep hears the sound of a bell, it knows that its shepherd is going to take it out to pasture.
On the other hand, when a dog hears a bell of the house, he starts barking, trying to drive away the possible intruder and protecting its owner
.When a person see a circle, what is the first that comes to mind? A soccer ball, perhaps? The moon? The sun? You will have automatically thought of something related to your day-to-day life.
If you play basketball, you will think of a basketball. However, if you usually play soccer, you will think of a fooball.
By this we mean the way in which our brain interprets a geometric shape, as it also happens with colour.
It is clear that our brain associates everything with what we usally see and do every day, that is why an old man who lives in the country will answer something different than a city boy on a question of colour.

Going further, we can also associate a certain hair colour with the name of a person or his or her look.

PINUS HALEPENSIS



BY JOSE VICENTE PÉREZ

In all the Valencian Community, currently the most common trees are "El Pino Carrasco"in Spanish language ,Pinus halepensis in Latin or "Pi Blanc" in Valencian language.

It is the most common tree in 28 regions of the 34 that make up the Community and occupies more than 280.00 hectares.