

We brush our teeth to prevent cavities, wash our hands to rid them of germs, and wear sunglasses to protect our eyes. But what about protecting the parts of your body that you can't see? Many people don't think about the role our lungs play in keeping us healthy. Just like the rest of our body, though, our lungs need special care to stay healthy and strong. After all, our lungs are what feed oxygen to every single cell in our body and keep us breathing!

There are a few things you can do each day to keep your lungs in tip top shape. Experts recommend exercising your lungs each day by participating in some sort of movement every day, like a walk, a run, or a swim in the pool. This helps build your lungs and keeps oxygen flowing through the body as it should. Exercise increases lung capacity, how much oxygen it can carry through the body. Exercise also helps the lungs clean themselves of harmful toxins and poisons like pollution, dust, and smoke.

If you don't have time to get moving, try some breathing techniques to increase your lung capacity! There are even breathing clubs that teach you how to best breathe to improve your lung health!

No matter how you decide to keep your lungs healthy, find a way each day to care for the important organ in your body! And when all

else fails, always drink plenty of water and avoid toxins that are bad for lung health, like smoking cigarettes.

Being a wild butterfly would be an adventurous and amazing experience, but it is the journey to become a butterfly that is perhaps even more fascinating! Scientists have long studied the life cycle of butterflies and have found out a great deal about these stunning insects.

The butterfly's life starts as an egg on a leaf. Being an egg on a leaf is a dangerous life in the wild – the eggs are exposed to weather and without defense from a hungry animal.

Eventually a caterpillar hatches from the egg and feeds on the leaf. Many caterpillars have strange markings and sharp thorn-like spikes which help to deter predators looking to eat them. The caterpillar will continue to eat leaves until it's ready for the next stage and becomes a pupa.

As a pupa, the butterfly again sits on a leaf exposed to the weather and predators. After 10 to 14 days as a pupa, a butterfly arises from the cocoon.

Wild butterflies can live from a week to a year, and some can travel thousands of miles over their short life.

The most recent Winter Olympic games were held in Sochi, Russia. It is an honor to be a host city for the Olympics, but it takes many years and a great deal of money to prepare! Cities compete to be the lucky location and hope for a boom in visitors when the Olympics are done!

Sochi had years to prepare for the event, having been chosen as the host city for the 2014 games back in the year 2007. It cost the city nearly \$51 billion dollars to prepare for the games! They had to build new roads, trains, and buildings and bring electricity to many new places in the city.

Now that the games are over, city officials are still trying to decide what to do with all the buildings that were built for the games. For now, they sit empty.

Are you finding it difficult to keep all your money in your piggy bank? Perhaps you should think twice about spending every penny you earn!

Money isn't easy to come by, and it's important to earn it and save it. Although it may sound fun to buy ice cream with your allowance each week, consider what you would do if your favorite watch broke and you wanted a new one. Or what if you decided you wanted to buy a new computer or an iPad? If you save your money, you may just be able to buy those things you really, really want or need. If you spend it all as soon as you get it, though, you will find yourself saving even longer than before.

Not only will you have money on hand for an emergency, but saving your money can have other benefits as well. If you put your money in a bank, you can earn interest on it. Interest gives you a small amount of money back on the money you have in the bank. Let's say you have \$100 in the bank. If your interest rate is 2%, you can earn \$2 back on every \$100 in the bank! What's not to like about free money!?

Even though college and being an adult may seem like a long way away, consider saving some cash for when you are out on your own. How much money would you have if you saved just \$100 each year between now and when you graduate? It's likely a nice chunk of change! Learning to save your money now can help you spend more wisely when you are older, too. Spending too much money on things you don't really need can be a hard habit to break!