

AMERICAN SCIENTIST

CONTENIDO

VOLUME 101, No. 5, SEPTEMBER-OCTOBER 2013

DEPARTMENTS

- 322 From the Editor.**
- 323 Letters to the Editors.**
- 326 Science Observer.**
Linking jet lag and liver disease • Adaptable materials • In the news.
Sarah Glaz.
- 330 Macroscope.**
Will AC put a chill on the global energy supply?
Michael Sivak.
- 334 Engineering.**
The evolution of eyeglasses.
Henry Petroski.
- 338 Computing Science**
The math of segregation.
Brian Hayes.
- 342 Marginalia.**
Making life from scratch.
Robert L. Dorit.
- 346 Technologue.**
Robots for rehab therapy.
Stephen L. Piazza.
- 350 How Green is Earth Art?**
Two works with healing power.
Robert Louis Chianese.
- 386 Sightings.**
Secret paths of blood flow.

SCIENTISTS' BOOKSHELF

389 Brief Reviews.

Medical aesthetics • Hawking illustrated • Makings of a scientist • Taxonomist's carnival.

FROM SIGMA XI

395 Sigma Xi Today.

Young Investigator award • 2013 annual meeting date • New online journal.

FEATURE ARTICLES

352 Lifelong Impact of Early Self-Control.

A child's self-discipline predicts adult quality of life.

Terrie E. Moffitt, Richie Poulton, and Avshalom Caspi.

360 Flowers and Ribbons of Ice.

Beautiful structures form when water freezes under the right conditions.

James R. Carter.

370 Digital Forensics.

Finding evidence of crime in electronic memory requires careful methods.

Simson L. Garfinkel.

378 Citizen Science Takes Root.

Volunteers are gathering crucial data on how climate change affects plants.

THE COVER

What looks like an intricate flower is actually a natural ice structure. Conditions must be just right for such "ice flowers" to form: The air has to be below freezing, but the ground must remain warm enough for water to stay a liquid. In addition, only certain plants have the right kinds of stems to produce these structures. The stems pull up water from the ground, and as water freezes on the central stem, it pushes out the dry and cracked outer layers. Then more water rises through the stem, ultimately giving rise to long frozen curls. In "Flowers and Ribbons of Ice" (pages 360-369), James Carter explains how to observe, and even create, these delicate marvels. He also describes other ice formations — emerging from rocks or soil, or extruding from holes in pipes — that illustrate how weird water can be. (Image courtesy of James R. Carter.)