



I'm just a kid, what can I do?



Yes, you may be a kid, a young person who isn't even working or driving. However, sustainability is something that is too important for you to sit back and hope someone else will just do. This is one area in which kids around the world have been making a huge impact. Anyone and everyone should be part of a successful sustainability routine — whether you help your family find ways to reduce, reuse, and recycle at home or pitch in and

plant trees with a local organization. Kids, you are the most influential people in the world. It's time to make a difference, and it starts with you! There is a Native American belief that before you do anything, you should consider how it will affect the next eight generations. That's a sustainable society: a society that fills the needs of the present generation but will not harm or hurt the future generations from enjoying a healthy environment.

**Lead by example and encourage others to be green**

In other words, don't use up all the natural resources now just because you can; be sure that your grandchildren and their grandchildren will have the same choices and the same healthy earth that you enjoy. Anyone can do that, no matter what their age. We are all in this together as a team — some are leaders and some are followers. Lead by example and encourage others to be green.





## Be a wise newbie borrower

Your earning potential is relatively low as a middle schooler. You're too young for a part-time job but too old for a lemonade stand. It's going to take some time to save money for big-ticket purchases.

One solution? Consider asking your parents or a trusted relative to loan you the money. If they agree, put together a detailed payment plan for how and when you'll pay them back. This is an important step in becoming a responsible borrower.

Build a good reputation for paying back money by sticking to your payment plan and establishing a backup plan if you fall behind on payments. Perhaps your parents will also let you work off the debt through chores or projects around the house. As you follow through on this commitment, it is more likely your parents will lend you money in the future.

It's also good practice for when you get older.

Borrowing doesn't change too much when you're an adult — there are just more elements involved:

- When you turn 18, you can submit a loan application to your financial institution with your account number, personal and income information and the reason you're applying for a loan.
- The loan officer will review your credit report, existing debt, income and expenses. This helps the lender assess your risk profile.
- After an evaluation, the lender will decide whether to lend you the money.

Borrowing money and paying it back according to a plan is easier than you think. The iPad you have been wanting forever is within your reach! All you have to do is use your resources wisely, be smart and follow through.

**Now you're a successful borrower!**



"Earth provides enough to satisfy every man's need, but not every man's greed."

— Mahatma Gandhi,  
Father of India

# the 3 R's of SUSTAINABILITY

Schools can set an example for the whole community by reducing the amount of waste they produce. Teach your school the three Rs. Schools can save energy, preserve natural resources and prevent greenhouse gas emissions by reducing, reusing and recycling.

## REDUCE

To reduce the amount of materials used, your school can ...

- Have students view information on a computer screen or projector instead of printing paper copies.
- Purchase supplies that come in as little packaging as possible.
- Host "waste-free" lunch days.

Reduce the amount of new stuff you buy. To reduce waste, buy things that have less packaging. Email your homework: Ask your teacher if they'll accept your assignment on a flash drive or by email.

[www.epa.gov/waste/education/toolkit.htm](http://www.epa.gov/waste/education/toolkit.htm)

## REUSE

To reuse things instead of throwing them away, your school can ...

- Set up boxes to collect scrap paper that has only been used on one side.
- Always print, copy and write on both sides of a piece of paper.
- Create a school exchange where students can share supplies they no longer need with one another.

Try to borrow or rent things you'll only need for a short amount of time, and reuse the things you already have. When you have things you no longer need, give them to others who can use them. Use reusable bags when you go shopping. Use reusable packaging for storage that can be used for multiple purposes.

## RECYCLE

To promote recycling, your school can ...

- Before starting a new school year, sort through the school supplies on-hand. Many supplies, like notebooks or pens and pencils, can be reused or recycled. You can share your used books and other school supplies with friends, relatives or younger schoolchildren.
- For school dances or other events, decorations and other supplies can be borrowed or rented.
- Many schools reuse text books to save money and reduce waste. Covering your textbooks with cut-up grocery or shopping bags helps reduce waste and keeps your books in good condition.

## Did you KNOW?

The metals, plastics and rechargeable batteries from recycled cell phones can all be reused to create new products. Cell phones contain gold, silver, platinum, palladium, copper, tin, and zinc which can be recovered in the recycling process. They can be used to make jewelry, electronics and even art. The plastics recovered from cell phones can be used to make new cell phones or to create plastic garden furniture, license plate frames, containers or replacement auto parts. The rechargeable batteries can be recycled into other rechargeable battery products.

Source: EPA

## HAZARDOUS WASTE



When you hear the term, "hazardous waste," do you think of factory chemicals or the symbol for radioactivity? The broader definition of hazardous waste is any material that:

- Corrodes or eats away at other materials
- Explodes or ignites easily
- Has a strong chemical reaction to water
- Is poisonous.

Household hazardous waste includes paint, cleaners, oils, batteries and pesticides. These items have to be disposed of more carefully when you are finished using them. Many communities have special programs or pick-up days for hazardous materials. This should be done with adult supervision.





# What's the connection between the environment and the newspaper?

Well, of course, you recycle newspapers, but the connection is much stronger than that. Your local newspaper provides the latest and most in-depth news on all environmental issues, from those pending before Congress to problems in your hometown. The advertisements let you know about green products, from cars to paper towels. You can make the world a little greener just by being informed. What's more, you can use the newspaper to spread the word yourself — from writing a letter to the editor to sending in an announcement about an event your group is sponsoring. Your newspaper is a key tool in working for the environment.

## JUST THE FACTS

### Paper Recycling Facts

- ◆ When a tree is cut down, about **25 percent** will actually be used for paper.
- ◆ Every ton of paper that is recycled **saves about 17 trees.**
- ◆ Every tree provides enough **oxygen for three people** to breathe.
- ◆ It takes **75,000 trees** to print a Sunday Edition of the New York Times.
- ◆ If all Americans recycled all their newspapers we could save **250 million trees a year.**
- ◆ As Americans we consume about **700 pounds** each year. This is **6 times more** than the global average of 110 pounds.
- ◆ The **first year** we recycled **more paper** than what we dumped into landfills in the U.S. was 1993.
- ◆ The production of recycled paper causes only **25 percent** of the pollution caused from the production of newspaper.
- ◆ Every ton of paper recycled saves more than **3.3 cubic yards** of landfill space.
- ◆ The amount of paper recovered for recycling averaged **334 lbs.** for each man, woman and child in the United States in 2010.

## Did you KNOW?

Each American uses approximately one 100-foot-tall Douglas fir tree in paper and wood products per year.

Source: EPA



**YOUR choice... your footprint**

**CHOOSE THIS:** Recycle one Sunday newspaper instead of tossing it in the garbage.

**REDUCE THIS:** ENERGY. Save enough energy to light up a lamp for 50 hours!

# earth's report card

IS EARTH IN DANGER? You decide for yourself...



Around the world, people still dump **19 trillion pounds** of garbage, sludge and sewage into the oceans each year. In the U.S., a 2000 EPA report found that about **40 percent** of U.S. streams, lakes and estuaries are still polluted. The pollution kills fish, birds and other animals. It also affects human health. (Read the EPA report at [www.epa.gov/305b](http://www.epa.gov/305b))

**Two of every five people** — 42 percent — in the U.S. live in counties that have unhealthy levels of either ozone or particle pollution. Almost **125 million** Americans live in 216 counties where they are exposed to unhealthy levels of air pollution in the form of either ozone or short-term or year-round levels of particles. That means that **more than half** of all Americans are being exposed to dangerous pollutants. (American Lung Association Report State Of The Air Report: 2008)

According to the National Academy of Sciences, the Earth's surface temperature has risen by about **1 degree** Fahrenheit in the past century, with accelerated warming during the past two decades. Most scientists now agree that human activity has contributed to climate change. U.S. cars, trucks, power plants and factories produce more than **20 percent** of the "greenhouse" gases (such as carbon dioxide) connected to this trend.

The Earth loses **27,000 species** a year, that's over **three an hour**. Most endangered animals and plants are losing their habitats due to the growing human population. The number of people on Earth has jumped from 1.7 billion in 1900 to more than 7.13 billion today. Housing & activities that help people & the economy — such as logging, mining, farming, fishing, dam building — also disrupt natural habitats. Air and water pollution, and poaching are also threats. Cutting trees for farms and ranches is the greatest danger to the rainforests, where more than half of the world's species live. The world now loses about **2 acres** of rainforest every second, about **38 million acres** a year. ([www.endangered.fws.gov](http://www.endangered.fws.gov))







# So, just what is plastic?

We all see and use plastic every single day of our lives, and we also know that we should recycle this stuff so that it can be used again.

Most plastics in the U.S. are labeled with the numbers 1 through 7, in line with the code developed in 1988 by the Society of the Plastics Industry. The numbers refer to the type of polymer used to produce the plastic in question. The numbers do not refer directly to the plastics' use in recycling. This is confusing when you are trying to recycle them. Number one and number two plastics are the most common and most easily recycled. Plastic containers with the other numbers are recycled differently from one community to the next.

Contact your local recycling service to find out your local rules. These numbers can also help you to decide which products to buy before you use them. If you have a choice between two products when one comes in a bottle that you can recycle in your community and the other comes in a bottle that cannot be recycled, which should you buy? Of course, it is the one you can recycle.

**JUST THE FACTS:**

- ✳ In the United States we use **two and half million** plastic bottles **every hour**.
- ✳ Only **one out of every four** will be recycled.
- ✳ The manufacturing process used to make plastic bottles for bottled water in America requires more than **1.5 million barrels of oil** annually. The equivalent of this oil would fuel some **100,000 U.S. cars** for a whole year.
- ✳ A plastic bag that is NOT biodegradable can take up to **400 years** to be broken down.
- ✳ More than **25 percent of bottled water** comes from a municipal water supply, the same place that tap water comes from.

**YOUR choice... your footprint**

**CHOOSE THIS:** Use a reusable water bottle instead of a throw-away plastic water bottle.

**REDUCE THIS:** **FOSSIL FUELS.** If you fill one disposable plastic bottle a quarter of the way up with oil, it's the amount needed to make it. A family of four switching to reusable bottles would save 27 gallons of oil a year.

**Word search:** Find the vocabulary words within the puzzle below.

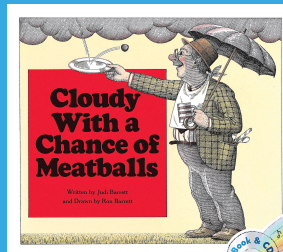
M E L B E C R U O S E R  
 A L A I Y T F W F A E U  
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 P O L L U T I O N X C N  
 N T N E M N O R I V N E

## Vocabulary Words

- biodegradable** – able to be broken down by tiny organisms
- compost** – a soil like mixture made from rotting plant and animal matter
- conservation** – the wise use of water, land, and other resources to minimize waste or loss
- disposable** – meant to be thrown away after one use
- environment** – the surroundings in which a person, animal, or plant lives
- hazardous waste** – toxic things that are thrown away that harm the earth and living things
- landfill** – an area where garbage is dumped and covered with dirt
- natural resource** – something in nature that helps support life or meets people's needs
- organic** – grown only with natural fertilizers
- pollution** – the introduction of harmful materials into our soil, air, or water
- raw materials** – things in nature that people use to make things
- recycle** – to make new things from old materials
- reduce** – to use less or make less waste
- reuse** – to use again
- sustainability** – conditions under which humans and nature can exist in productive harmony
- trash** – things that are thrown away

Read Today  
 POWERED BY  
 Deseret News

## DID YOU KNOW?



You may have heard the phrase "April showers bring May flowers." This very saying is what inspired Read Today to find a book about rain. And what better book to recommend than



"Cloudy With a Chance of Meatballs!" The book, written by Judi Barrett in 1978, tells the tale of a grandpa telling a bedtime story to his grandchildren about an unordinary town called Chewandswallow. The townsfolk didn't have to cook or go visit the grocery store because of the strange meteorological pattern that rained down all their meals. If you've seen the movie you have an idea of what happened, but did you know movies aren't always the same as the books they are made after? For example, in the book the townspeople couldn't choose what food rains down and in the movie, Flint's invention allows the residents to call the shots. If you haven't read the book we highly recommend it. You'll find there's quite a few differences between what's in the book and the movie itself.

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# CONNECT 123

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## Chicken and the egg

### A BRIEF EGG-SPLANATION

Which came first: the chicken or the egg? This is a silly riddle, and fun to think about, but today we're going to start with the chicken. This is a mother hen. Inside her body, an egg begins to form. At first it is mostly "yolk," and if the egg is a fertile one, an embryo, or baby chicken, will be attached to the yolk. As it passes through this tube, it is coated with albumin, also known as the "white" of the egg. Right before it is laid, it stops in a little compartment where it is coated with a hard covering — the shell actually comes last! This is a continuous process, as one egg is leaving the hen's body, the next is already well under way.



The egg contains everything a developing chick (or embryo) needs to grow into a baby chick that can survive in the outside world. The shell is the hard covering that protects the chick, but it also has thousands of tiny holes, called pores, that let oxygen in so that the chick can get new air. The yolk supplies the chick with nutrients. The

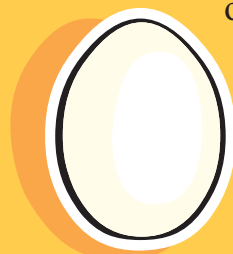
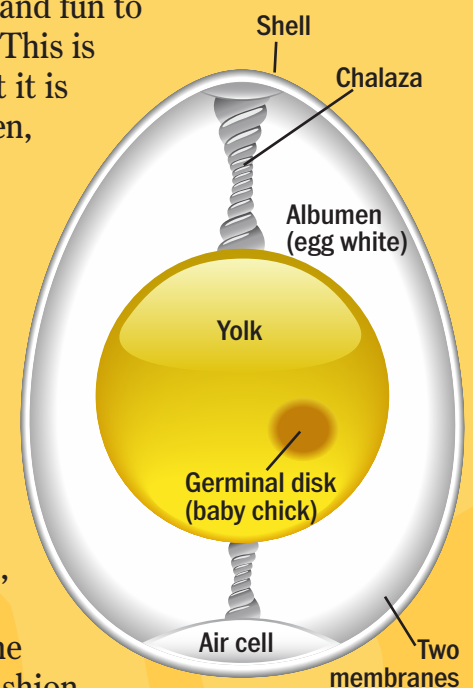
albumen, or egg white, provides a safe cushion

for the chick in case the egg is bumped and also supplies protein when the chick begins to grow very rapidly. The germinal disk is where you can find the chick embryo — it starts out as one tiny cell, but given the right circumstances, it will grow into a full size chicken! The air cell is a pocket of air at the base of the egg that will be used by the chick when it is ready to take its

first breath. Chalaza may be a difficult

word to say, but it serves an important role by anchoring the yolk in place. This keeps the embryo from getting beat up

CONTINUED ON PAGE 2





# CHICK EMBRYO DEVELOPMENT



## Making school decisions? Consider your career plan

With changes in the global demand for skilled labor, many young adults are choosing to look further than secondary education. But what if you're uncertain about what kind of postsecondary education is for you? When it's time to make decisions about your future, it can help to first consider your desired career path.

Check out these planning steps for help on your career path:

- **Self-assess** – Take a good hard look at your personal interests and strengths. Examine your skills, values and personality preferences, then ask: How would my skills be best used economically? What additional education or work experience would I need for the job I really want? The federal government's Occupational Outlook Handbook at [www.bls.gov/oooh](http://www.bls.gov/oooh) can be an excellent resource in this assessment.
- **Consider every option** – If a four-year college education and graduate school isn't for you, think about other roads to fulfilling and financially rewarding careers, including military service, technical school, apprenticeships and entry-level internships.
- **Delay a decision** – A "gap year" after high school can allow you to clarify your interests and establish focus before you move forward in your career. It can also help you build a resume before continuing your education.

### DAY 1-4: LITTLE CELLS MAKE BIG PROGRESS

#### Day 1

- ◆ Cells are already specializing
- ◆ Muscle, nerve, and digestive cells appear
- ◆ The eyes and blood vessels begin to form



#### Day 2

- ◆ Heart and ears form
- ◆ Heart begins to beat

*Note: The different parts of the chick develop at the same time.*

- ◆ Blood and blood vessels
- ◆ Brain, eyes and digestive system, etc.

#### Day 3

- ◆ Distinguishable head and tail

- ◆ Leg and wing buds can be seen

- ◆ Specialized cells begin to form tongue, liver, kidneys and lungs
- ◆ More blood vessels



#### Day 4

- ◆ Toes begin to form
- ◆ Mostly present, but tiny embryo separates from yolk



5-day-old egg SHUTTERSTOCK

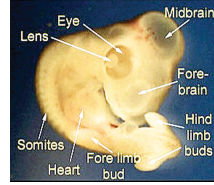
### DAY 5-8: THE FORMATIVE DAYS

#### Day 5

- ◆ Reproductive organs develop
- ◆ Leg bones form

#### Day 6

- ◆ Beak becomes visible
- ◆ Wing bends at the elbow
- ◆ Intestines begin to loop



#### Day 7

- ◆ Feather buds appear
- ◆ Eye develops rapidly
- ◆ Knees bend

#### Day 8

- ◆ More feather buds appear
- ◆ Egg tooth forms

### DAY 9-11: TIME TO GET MOVING

#### Day 9

- ◆ Eyelids and kneecaps develop
- ◆ Chick moves more
- ◆ Yolk is noticeably smaller

#### Day 10

- ◆ Chick moves even more
- ◆ Refined features develop

#### Day 11

- ◆ More movement
- ◆ Beak and bones harden

### DAY 12-15: BIGGER AND STRONGER

#### Day 12

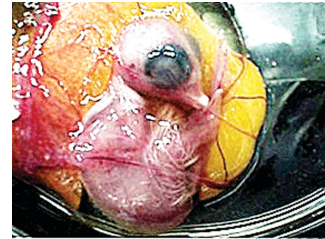
- ◆ Development continues
- ◆ Scales appear on legs

#### Day 13

- ◆ Bones continue to harden
- ◆ Wishbone is formed

#### Day 14

- ◆ Movement slows
- ◆ Skull hardens



- ◆ Yolk is much smaller

#### Day 15

- ◆ Scales, claws and beak become firm
- ◆ Growth continues
- ◆ Organ development continues

### DAY 16-18: THE WAITING GAME

#### Day 16

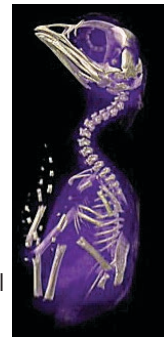
- ◆ Feathers cover the whole body
- ◆ Development continues (bones are almost fully hardened)

#### Day 17

- ◆ Chick's beak turns toward air cell

#### Day 18

- ◆ More development ... almost ready!



### DAY 19-21: COUNTDOWN TO HATCH

#### Day 19

- ◆ It can breathe!

#### Day 20

- ◆ Lungs at 100 percent

#### Day 21

- ◆ Get ready ... Today is the day!

### HOW IT HATCHES

#### It's not easy!

- ◆ First it must peck shell open
- ◆ 3-8 hour rest
- ◆ Turns and pecks around the inside of the egg (2-5 hours)



SHUTTERSTOCK

### Baby chick hatching out of a brown egg



SHUTTERSTOCK

### Yellow little chick hatching out of its egg

- ◆ Pushes and pushes, until...It finally breaks free!

After a chick is hatched, it needs:

### AFTER HATCHING



SHUTTERSTOCK

### Newly hatched little wet chick.

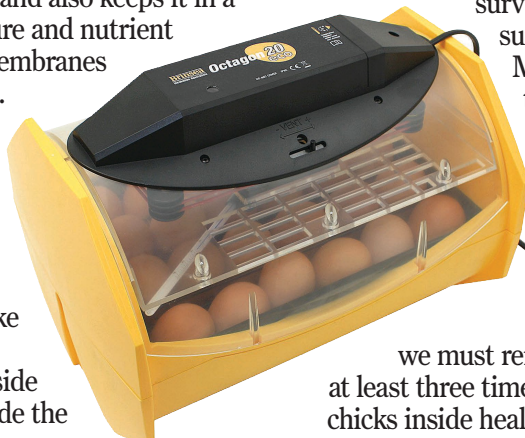
- ◆ Rest!
- ◆ Warmth and humidity
- ◆ Food and water
- ◆ Room to exercise

For more resources and lesson plans on hatching chicks, please visit us online at [Utah.Agclassroom.Org](http://Utah.Agclassroom.Org).

### FROM PAGE 1

and bruised as the egg is turned and also keeps it in a place where temperature, moisture and nutrient access are perfect. Lastly, two membranes can be found just inside the shell. These membranes are like the police of the egg. They make sure that good things like oxygen get in and keep bad things like bacteria out. They also ensure that moisture stays inside the egg but waste gases like carbon dioxide can get out.

Just as important as what is inside the egg is the environment outside the



egg. Eggs need a moist, warm environment in which to survive. They must also be turned to make sure that the chick develops correctly.

Mother hens will sit on their eggs to keep them toasty and humid, and they know instinctually when to turn them. We humans don't have the time or ability to sit on eggs! Instead, we use incubators, and there are many different types of these, to provide the warmth and humidity, and

we must remember to turn the eggs at least three times a day to keep the baby chicks inside healthy and happy.





# The truth about crazy chicken myths

SQUIDO.COM

## CHICKENS ARE GIRLS

**False.** Chickens are not just females. Chickens are not a sex, they are a type of bird. To make it easier to describe them, we call female chickens hens or pullets and male chickens are called cocks, cockers, cockles or roosters, but they are all chickens.

## HENS CAN'T LAY EGGS WITHOUT A ROOSTER

**False.** Hens do not need a male around to lay eggs. Just as with human females, releasing an egg and having a period, female chickens do not need a rooster to produce an egg. It happens whether or not there is a male around, the only difference is that it won't be fertilized if there is no male.

## WE DON'T KNOW IF THE EGG OR THE CHICKEN CAME FIRST

**False.** Though this is a philosophical question more than a real one, we do know which came first. Chickens have been genetically traced back to Jungle Fowl, a type of bird that lives in Asia and is classified as a pheasant but can still interbreed with some chickens, similar to how a dog and wolf are. At some point, a genetic mutation occurred inside a Jungle Fowl hen when the rooster's genes and the hen's genes mixed. When the hen laid the fertilized egg, instead of a Jungle Fowl, the egg produced a chicken.

## ROOSTERS ARE CHICKENS THAT CROW

**False.** Both hens and roosters can crow. Though not every hen will crow and almost every rooster will, it is not that uncommon to have a crowing hen.

## CHICKENS ARE VEGETARIANS

**False.** Chickens are omnivores and will eat just about everything. Having too much non-nutri-



IMAGES FROM SHUTTERSTOCK

Red Jungle Fowl rooster.



tious food isn't good for them — they still need a balanced diet — but most people supplement their chickens' diets with table scraps, and some people do include meat. Chickens adore bugs, spiders, lizards, and are even frequently spotted chasing and gobbling down rodents. Meat of all sorts seems to be popular with them. Chickens are descended from dinosaurs, and seem to retain quite a few characteristics from those days, many of which are evident the moment a flock spots a mouse and turns into what looks like a pack of velociraptors.

## HENS LAY EGGS ALL THE TIME

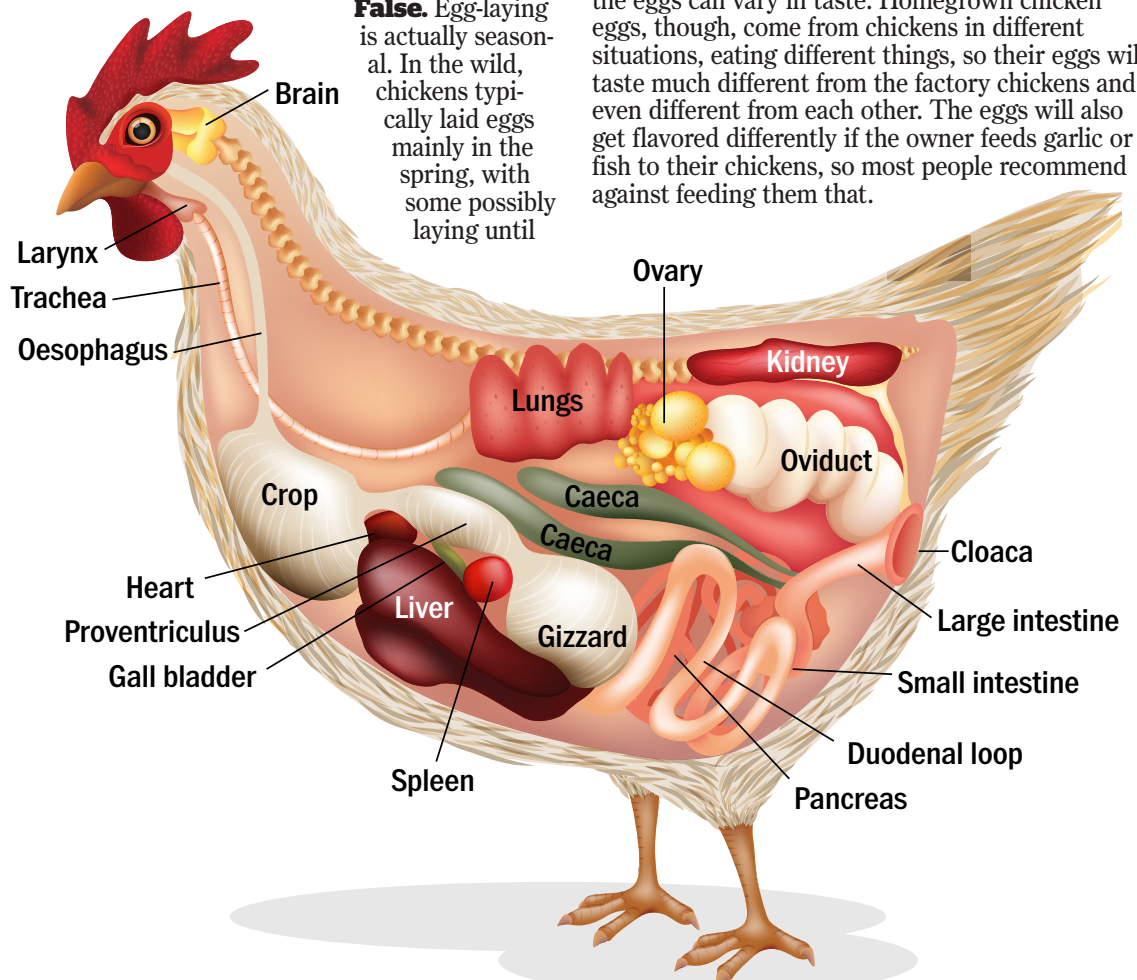
**False.** Egg-laying is actually seasonal. In the wild, chickens typically laid eggs mainly in the spring, with some possibly laying until

mid-summer. We have modified this quite a bit by only breeding the hens that lay more eggs and ones that lay earlier in the spring and later into fall, but the hens still tend to stick to their natural tendencies. Their bodies register the different times of year by the amounts of sunlight. As the days start to get longer, the chickens start laying and as long as it doesn't get really hot, they'll continue laying at a lower amount into fall. Since we know that, we have learned to simulate spring day lengths all year around by turning on lights as the days start to shorten, and making the chickens' body clocks think the season isn't changing.



## EGGS ALL TASTE THE SAME

**False.** Flavors come through in the egg depending on what the chickens eat. Most people only get to eat eggs from chickens all raised the same way and all fed basically the same feed, so don't realize that the eggs can vary in taste. Homegrown chicken eggs, though, come from chickens in different situations, eating different things, so their eggs will taste much different from the factory chickens and even different from each other. The eggs will also get flavored differently if the owner feeds garlic or fish to their chickens, so most people recommend against feeding them that.





# An egg-celent holiday

## SPANISH TO ENGLISH

- Huevo** (WEH-voh) - egg
- Pollo** (POH-yoh) - chicken
- Pollito** (Pol-lyee'-to) - chick
- Gallina** (gal-lyee'-nah) - hen
- Gallo** (gahl'-lyo) - cockerel
- Cascara** (cahs'-ca-rah) - shell
- Pascua** (pahs'-coo-ah) - easter
- Conejo** (co-nay'-ho) - rabbit
- Clara** (clah'-rah) - egg white
- Yema** (yay'-mah) - egg yolk
- Pluma** (ploo'-mah) - feather
- Chocolate** (cho-ko-lāte) - chocolate
- Dulces** (dool'-thay) - sweets



## WORD SEARCH

Find the spanish words listed below.

- |           |         |         |
|-----------|---------|---------|
| CASCARA   | GALLINA | POLLITO |
| CHOCOLATE | GALLO   | POLLO   |
| CLARA     | HUEVO   | YEMA    |
| CONEJO    | PASCUA  |         |
| DULCES    | PLUMA   |         |

K S G H O P S P K  
 Z P H A R O I O I  
 E V Q K L L D L X  
 H U E V O L R L O  
 G Y Q W B I I O T  
 A Y U N O T C N E  
 R C A X P O T T A  
 A N P U N L A L L  
 L T S E C L U D I  
 C M J Y O S O M A  
 F O E C F L A B A  
 V M O L L Z W P L  
 A H C A S C A R A  
 C W G F V N X U I

# Take the pizza pledge!



## Hey, readers!

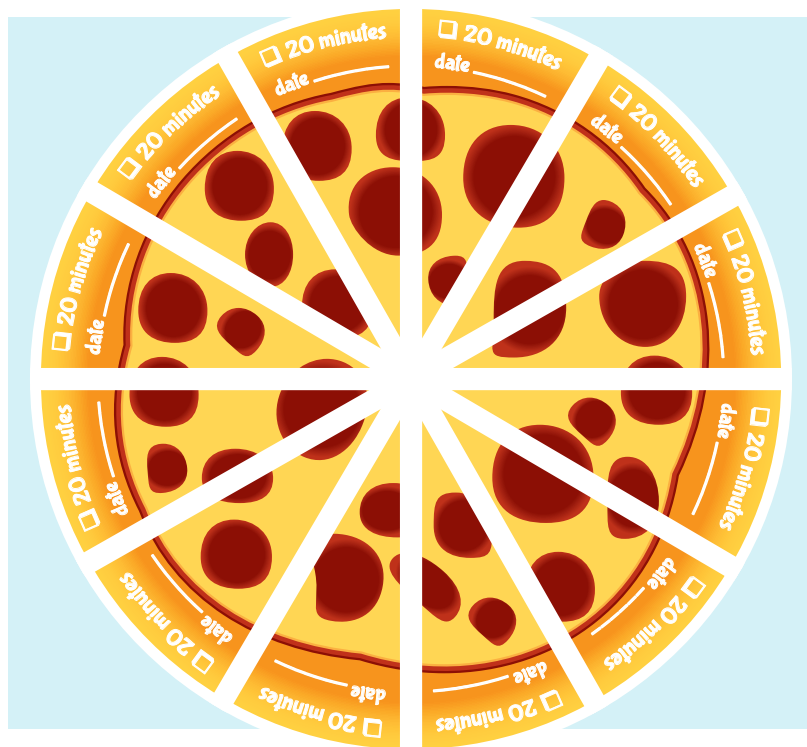
Does reading make you hungry? Well, we have just the solution, take the pizza pledge! From now until April 16 reading has some extra rewards. All you have to

do is read for 20 minutes a day. Print off the pizza pledge form which can be found on [www.readtoday.com](http://www.readtoday.com) or the Read Today Facebook page. When you you've finished your daily reading, sign and date the pledge form. When you've completed reading for all the pizza slices on the pledge, you're done. Make sure to bring the form to any Papa Murphy's Pizza and receive 50 percent off any regular menu priced pizza. Reading has never tasted so good!

Take the Read Today Pizza Pledge and read with your family. Read 20 minutes every day and mark your progress on the pizza below.

Once your pizza is fully "cooked" with reading, take this form to your local participating Papa Murphy's location to redeem it for 1 free FAVES pizza or 50 percent off any regular menu priced pizza.

*Disclaimer: Offer valid March 20-April 16. Limit one pizza per family. Only redeemable at participating Papa Murphy's locations. 50 percent off regular menu priced pizza discount excludes FAVES and dessert pizzas. For more information and a list of participating locations, visit [readtoday.com](http://readtoday.com).*



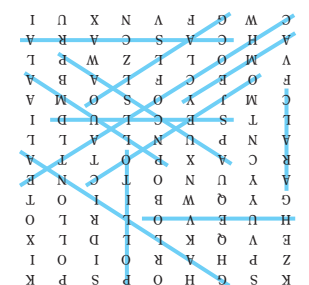
Child \_\_\_\_\_ Parent \_\_\_\_\_  
 Child \_\_\_\_\_ School \_\_\_\_\_  
 Child \_\_\_\_\_ Teacher \_\_\_\_\_

## DESERET NEWS CLASSROOM Connections

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# CONNECT 1 2 3

Your Family • Community • World

## Hey batter, wake up!



**N**ext time your favorite baseball team loses a game on the road, you might be able to blame it on the time zone. Just as travelers often experience jet lag when they fly long distances, a new study shows professional baseball players don't always play well when they travel from one time zone to the next.

That may be because the body needs one full day to adjust its internal clock for each time zone it crosses. Travelers sometimes call this adjustment "jet lag," a term that refers to the way their body rhythms, like waking and sleeping, get disrupted by traveling to far-away places on airplanes. Jet lag also can cause other problems, like a grouchy mood, headaches and difficulty concentrating or functioning.

**CONTINUED ON PAGE 2**





### Try before you buy

Borrowing books from the library is one of the best ways to “try before you buy.” It’s a good way to make sure you don’t waste money on things you don’t like.

Books aren’t the only things you can try before you buy. There are places that let you try toys, movies, video games and even pets!

In addition to books, many libraries lend CDs, movies and video games. Ask your librarian what you may check out and find out what the rules are for borrowing.

**Toys** — There’s a toy library in almost every state. To see if there is one near you, ask a parent if you can search Google for toy library locations.

**Computer games** — A new computer game can be costly. Game makers know this, and many let you try before you buy. If you visit a store such as Best Buy or Wal-Mart, you’ll often find demos of popular games for you to test.

**Pets** — If you and your family are considering become pet owners, it may be a good idea to test the animal before it moves permanently into your home. Many humane societies and shelters will let you schedule a time to come visit the animal you are interested in adopting. This way, you and your family can find out if you bond with the animal, if it’s good with children, and if it fits well with your family.

It’s not always possible but, if you have the option, try before you buy. Whether you want toys, games or even a pet, you can save yourself a big headache — and money — if you try it out first.

### FROM PAGE 1

A trip across the country — from Seattle to New York City, for example — crosses three time zones. That’s why there’s a three-hour difference in time between the two cities: When it’s noon in Seattle, it’s already 3 p.m. in New York. So the players on a baseball team making that trip will still feel like they are on Seattle time when they arrive in the new time zone. Being out-of-sync by three hours puts the visiting team at what scientists call a circadian disadvantage compared to the home team, the researchers say. (That’s assuming the home team hasn’t been traveling far from home, too! If so, the home team would face a similar circadian disadvantage.)

By the second day after traveling, the players will still be at a two-hour disadvantage because their bodies still haven’t caught up to the time difference. It will take a full four days for the players’ bodies to fully adjust to the same time zone as their home-team rivals.

The time zone difference counts, say the researchers at the Martha Jefferson Hospital’s Sleep Medicine Center in Charlottesville, Virginia. They studied the outcome of more than 5,000 major league baseball games over 10 years in which one team had at least a one-hour circadian advantage over the other. They found that with a one- or two-hour advantage, teams won 52 percent of



the time. But a three-hour advantage gave teams an even bigger boost. Teams whose opponents crossed three time zones to play won a full 60 percent of the time.

What happens when both teams travel extremely long distances? The researchers haven’t studied that yet. But consider this: When the Boston Red Sox and the Oakland Athletics battled it out in Japan in April, each team won one game and lost one. Evidence that both teams were at a circadian disadvantage? Nobody can say for sure. But for fans who like to keep stats on their favorite teams, “time zone difference” might be a new one for them to follow.

### Questions:

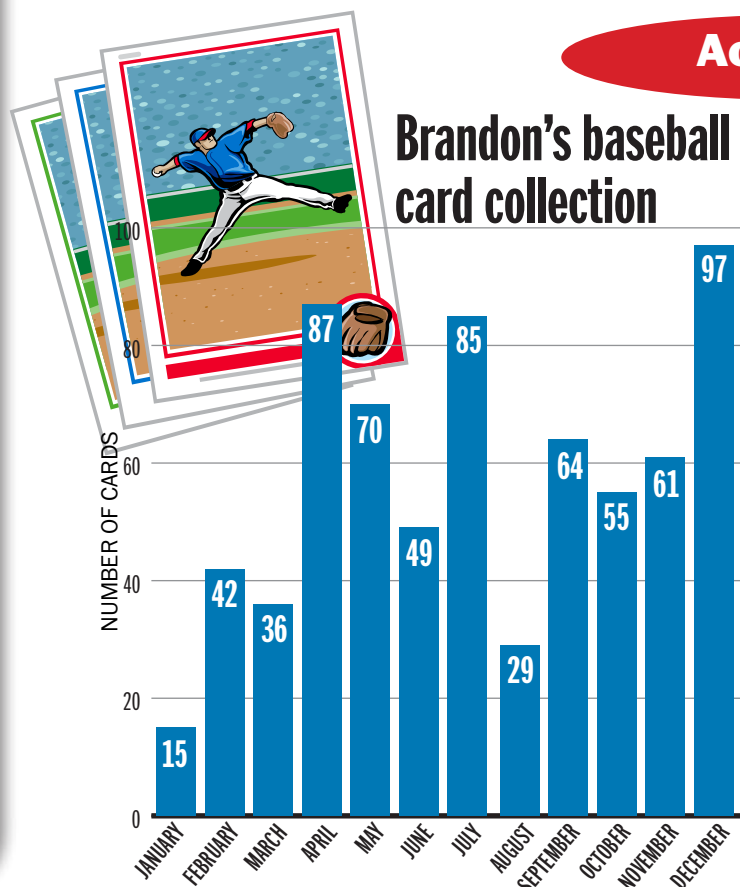
On your own paper answer the following questions in complete sentences.

1. If a baseball player travels across three time zones, how many days would it take their bodies to adjust its internal clock?
2. If a baseball team traveled two times zones and had one day to rest, how many hours would they still be behind?
3. Why would being sleepy have an effect on how you play baseball?
4. What might happen if both teams travel across time zones?
5. Write a one paragraph summary of what you just read.

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## Activity

### Brandon’s baseball card collection



### Directions:

Use the graph below to answer the questions.

1. In which month did Brandon collect the most baseball cards? \_\_\_\_\_
2. What is the sum of baseball cards collected in months that end in the letter “Y”? \_\_\_\_\_
3. In which month did Brandon collect the least amount of baseball cards? \_\_\_\_\_
4. What is the range of baseball cards collected? \_\_\_\_\_
5. What is the mean of all baseball cards collected? \_\_\_\_\_
6. What is the median (average) of all baseball cards collected for the year? \_\_\_\_\_
7. How many cards were collected in the month of May? \_\_\_\_\_
8. What month were you born? \_\_\_\_\_  
How many cards were collected in that month? \_\_\_\_\_
9. Is there a mode that stands out during the year that Brandon collected his cards? \_\_\_\_\_  
How would you describe a mode in your own words?  
\_\_\_\_\_
10. What was the total collected for the months ending in “er”? \_\_\_\_\_

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# Baseball stamps

The following is an excerpt from Ed Stephan's article "Baseball on stamps." You can read his entire article on [edstephan.org](http://edstephan.org).

When James A. Farley, FDR's postmaster general, proposed a stamp honoring baseball to coincide with the opening of the Hall of Fame in 1939, a nationwide poll of collectors voted overwhelmingly against it. They were overruled by stamp-collecting President Roosevelt, who said through the nation's sports pages that he wished "every boy in America could get a first-day cover (stamped envelope mailed the day of issue)."

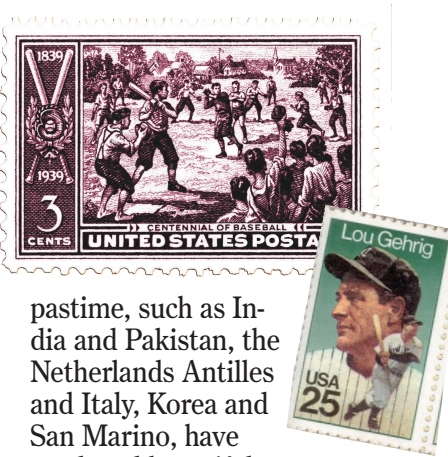
The post office at Cooperstown was swamped with what were called "small boy orders," those arriving without the required self-addressed envelope plus three cents for the stamp. Local postmaster Melvin Bundy honored thousands of those requests out of his own pocket, and U.S. baseball stamp collecting was born.

Now one of the hottest "topicals"

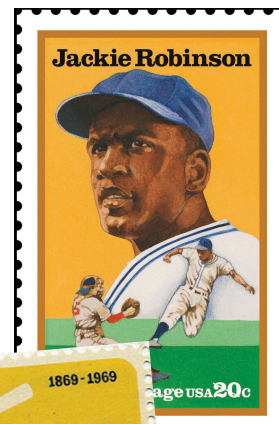
in all philately (stamp collecting), baseball stamp collecting got surprisingly little push from its home nation. Thirty years passed before the centennial of professional ball was recognized. Since then, however, at least 60 stamps have been issued that recognize individual players and generic aspects of the game (i.e. softball, Little League and the Negro Leagues to name a few).

One problem facing the postal service is that stamps cannot be issued until an individual has been dead for at least 10 years (one year for U.S. presidents is the only exception). So if you want a stamp honoring Don Mattingly or Roger Clemens, you'll have to look elsewhere. Nations with no baseball tradition of their own have found a goldmine selling stamps to U.S. collectors.

The future of baseball stamp collecting looks as bright as the sport itself. Countries seemingly far removed from our national



pastime, such as India and Pakistan, the Netherlands Antilles and Italy, Korea and San Marino, have produced beautiful stamps honoring the game.



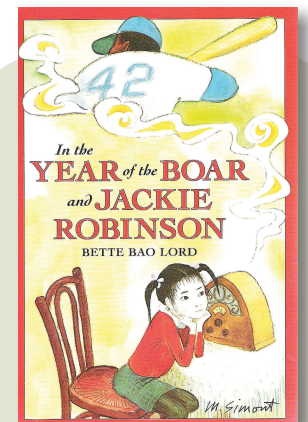
## IN THE NEWS

### FOLLOW THE LEADER

Jackie Robinson was a leader, not just in the context of baseball, but in life. Leadership requires commitment, responsibility and hard work. What does being a leader mean to you? Read through the articles in the Deseret News to find three examples of people who you think are leaders. Write a few sentences explaining why you have chosen these people. Share your ideas with your classmates and family.

### POETRY IN MOTION

The poem "Casey at the Bat," by Ernest Lawrence Thayer is a classic. You can read the poem on the Baseball Almanac website at [baseball-almanac.com](http://baseball-almanac.com). The poem, printed in the San Francisco Examiner in 1885, is considered one of the best baseball poems ever written. Now it is your turn to write a poem about baseball. For inspiration, look for baseball articles on the pages of the Deseret News.



"In the Year of the Boar and Jackie Robinson," by Bette Bao Lord. In 1947, a young Chinese girl comes to Brooklyn and discovers her love for baseball while adjusting to a new life in America. Shirley Temple Wong and her mother sail from China to America to join her father, who is an engineer in Brooklyn. America is world of wonder to Shirley, but it makes her feel afraid, stupid and clumsy. Then Shirley discovers baseball, and playing right field, she no longer feels small and stupid. Shirley becomes a big fan of Jackie Robinson and the Brooklyn Dodgers. Baseball, America's pastime, helps Shirley make friends and be accepted in a strange and foreign land.

## Activity

### Design a stamp

Look through the sports section of the Deseret News and find a photo of a baseball player to use in your stamp design. You could also make a collage or draw your own design. Have fun with creating a stamp of your own that commemorates the game of baseball.

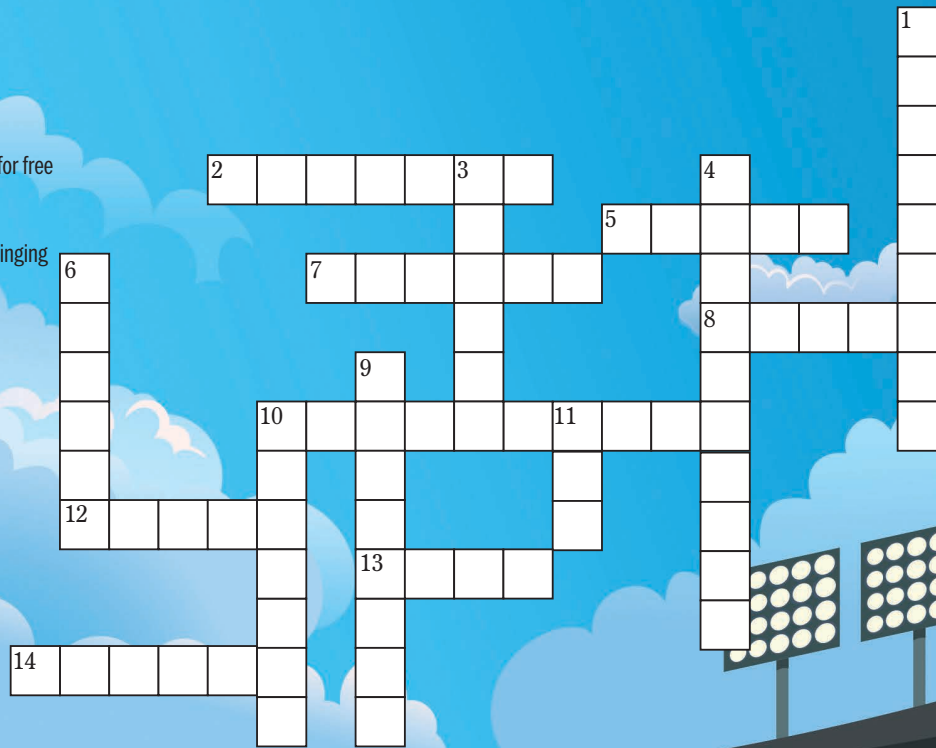


ACROSS

- 2. Touch all the bases
- 5. What you catch the ball with
- 7. A hit for three bases
- 8. Get four of these and you get first base for free
- 10. Swiping second gets you one of these
- 12. When a fielder bobbles the ball
- 13. When you try to hit the ball without swinging
- 14. A hit for two bases

DOWN

- 1. When you pitch it high and inside
- 3. The guy that calls you out
- 4. If you get two outs in one play
- 6. A hit for one base
- 9. When the ball is not hit in fair territory
- 10. Get 3 of these and you're out!
- 11. What you hit the ball with



- AROUND THE HORN
- BALL
- BASEBALL
- BATTER
- BULLPEN
- BUNT
- CURVE
- BALL
- DUGOUT
- FASTBALL
- HOME RUN
- INNING
- ON DECK
- OUTFIELD
- PITCHER
- STOLEN BASE
- STRIKE
- WORLD SERIES

S N S T S X X B I H K X A N C  
 G T N T L L A B T S A F R U U  
 R U O L R S D N F I F O R R R  
 B E K L E I E L N Y H N N E V  
 Y K T B E P K N E E D X G M E  
 J U A T L N I E H I Q L V O B  
 P L A L A N B T H T F P S H A  
 L D U D G B D A K G G T F N L  
 H B H U X N D S S P P I U E L  
 X Q O G U R G K C E D N O O L  
 L V W O R L D S E R I E S D A  
 N A R U K S C P I T C H E R B  
 R A U T Z Z V V Q D L Z D T J



SHUTTERSTOCK

ACROSS: 2. HOME RUN, 5. GLOVE, 7. TRIPLE, 8. BALLS, 10. STOLEN BASE, 12. ERROR, 13. BUNT, 14. DOUBLE. DOWN: 1. CHIN MUSIC, 3. UMPIRE, 4. DOUBLE PLAY, 6. (Over, Down, Direction): AROUND THE HORN(2,13,NE), BALL(15,12,N), BASEBALL(8,1,SW), BATTER(6,8,NW), BULLPEN(2,9,NE), BUNT(1,4,NE), CURVE BALL(15,1,S), DUGOUT(4,8,S), FASTBALL(12,2,W), HOME RUN(4,7,N), INNING(10,3,SW), ON DECK(13,10,W), OUTFIELD(4,10,NW), PITCHER(8,12,E), STOLEN BASE(1,1,SE), STRIKE(3,1,1,E), WORLD SERIES(3,1,1,E)

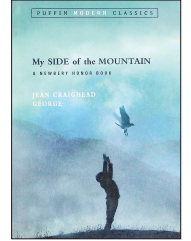
CHECK IT OUT



The City Library  
 THE SALT LAKE CITY PUBLIC LIBRARY SYSTEM

Nature books in honor of Earth Day chosen by the librarians at Salt Lake City Public Library.

**"My Side of the Mountain,"** by Jean Craighead George. Terribly unhappy in his family's crowded New York City apartment, Sam Gribble runs away to the solitude and danger of the mountains, where he finds a side of himself he never knew.



**"The Courage Test,"** by James Preller. Will has no choice. His father drags him along on a wilderness adventure in the footsteps of legendary explorers Lewis and Clark – whether he likes it or not. All the while, Will senses that something about this trip isn't quite right.

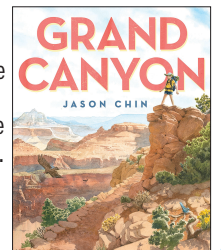
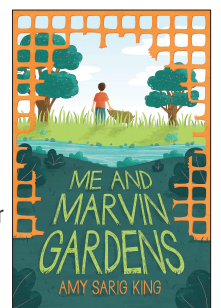


**"The Wild Robot,"** by Peter Brown. Can a robot survive in the wilderness? From best-selling and award-winning author and illustrator Peter Brown comes a heart-warming and action-packed novel about what happens when nature and technology collide.



**"Me and Marvin Gardens,"** by Amy Sarig King. A boy-meets-animal story like no other

**"Grand Canyon,"** by Jason Chin. Follow a father and daughter as they make their way through the cavernous wonder, discovering life both present and past in the Grand Canyon.



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