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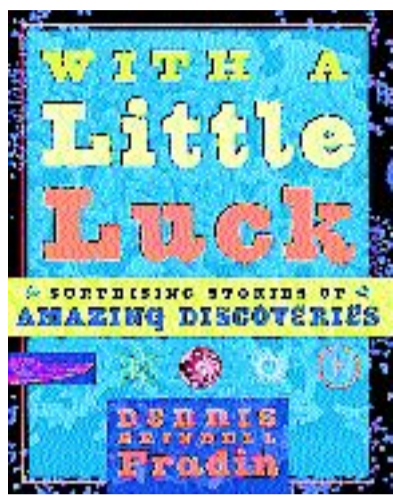
HERALDNEWS

Sunday,
March 12, 2006

sneakers



BOOKSHELF

Watch for
falling apples

The Washington Post

"With a Little Luck: Surprising Stories of Amazing Discoveries," By Dennis Brindell Fradin; ages 10 and older; Dutton Juvenile (\$18)

Maybe you've heard how Sir Isaac Newton discovered gravity when he saw an apple fall. But did you know that cars drive on rubber tires because Charles Goodyear accidentally dropped rubber-tree sap onto a hot stove and in the process learned how to strengthen rubber? Or that antibiotics were discovered because a bit of mold blew into a laboratory and landed in a bacteria-covered petri dish?

This book will fill you in on the history of several discoveries, from the ichthyosaur to pulsars. The stories aren't just fascinating; they're also inspiring — because they show that when it comes to discoveries, curiosity, attentiveness and persistence often matter more than luck!

ABOUT YOU

After-school time

The Washington Post

What do you do after school? Here's what some fourth- to eighth-graders said, according to the America's Promise 2005 Voices Study:

EAT JUNK FOOD

Grades 4-5:

85 percent

Grades 6-8:

86 percent

JUST HANG OUT

Grades 4-5:

67 percent

Grades 6-8:

73 percent

TRY THINGS I CAN'T DO WHEN
ADULTS ARE AROUND

Grades 4-5:

23 percent

Grades 6-8:

35 percent

LOOK FOR SOMETHING EXCITING
ON THE INTERNET

Grades 4-5:

51 percent

Grades 6-8:

66 percent

("Yes" responses, in percent)



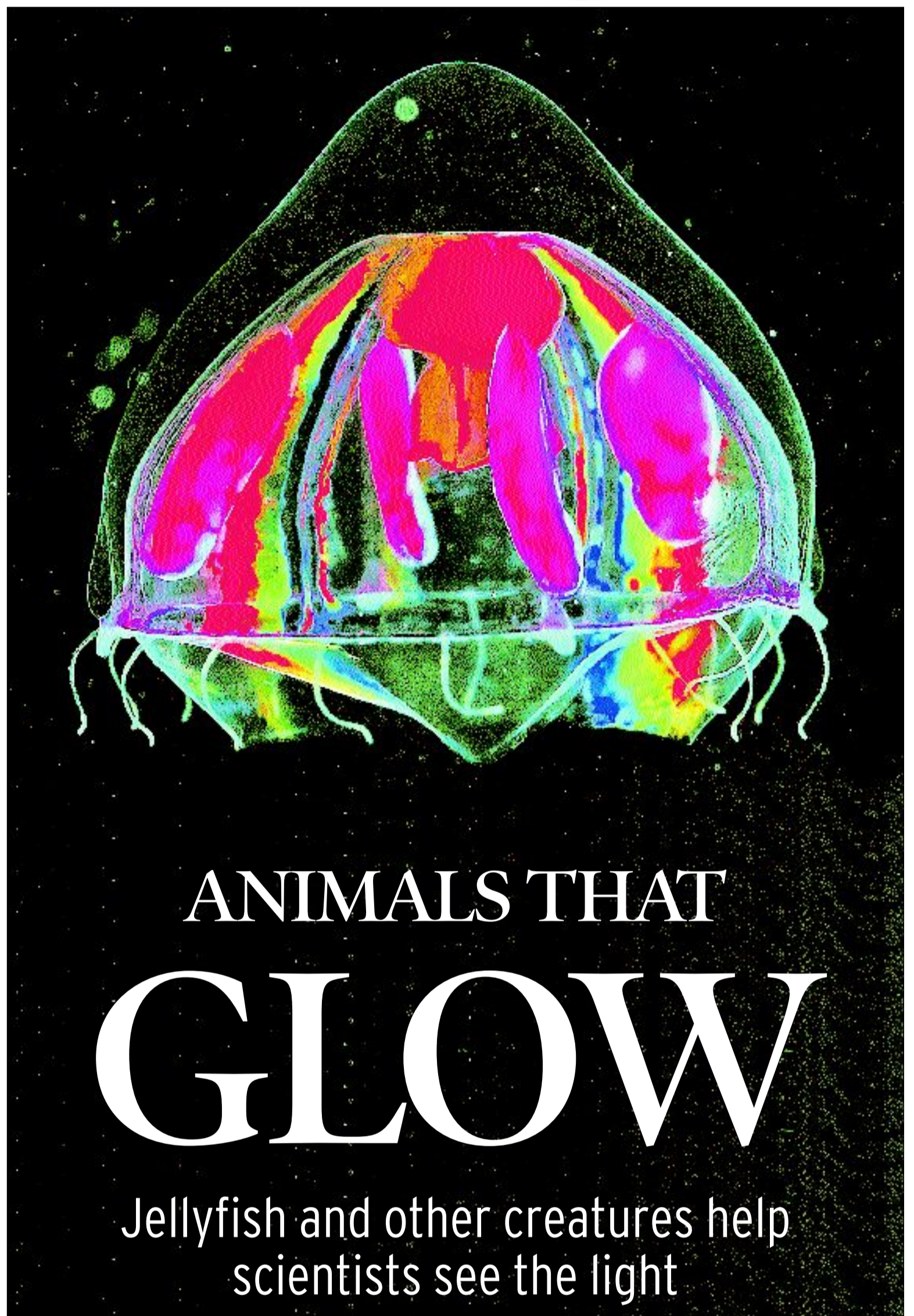
KIDS' PICKS

STRINGS ATTACHED: The Wayne Hills Mall will soon be filled with acrobats, clowns, jugglers and trapeze artists when the circus arrives on March 19. But these aren't your average circus performers — they're handcrafted marionette puppets.

The audience will get to see the circus show and watch how the puppeteer works. One lucky child from the audience will become part of the show by operating one of the puppets.

Admission is free. The show starts at 2 p.m. inside the mall, which is located in Wayne on the Hamburg Turnpike and Berdan Avenue. For directions, events schedule and mall hours, call (973) 835-9252, 24 hours a day.

— Carolina Bolado

ANIMALS THAT
GLOWJellyfish and other creatures help
scientists see the light

The Washington Post

The ability of a living creature to glow (or make light) is called bioluminescence. Creatures that make their own light include squid, insects, worms, bacteria, sharks and this deep-sea jellyfish, which produces light for protection.

By MEAGHAN WOLFF
The Washington Post

Why does a firefly light up or a glowworm glow? What causes the reefs and jellyfish in "Finding Nemo" to shimmer?

The ability of a living creature to glow (or make light) is called bioluminescence (pronounced BI-o-LU-ma-NES-sents). Creatures that make their own light include squid, insects, jellyfish, worms, bacteria and sharks. In other words, many of these animals either live in dark places or are active at night. Without the sun to give them light, they make their own through chemical reactions.

Scientists think that creatures use bioluminescence for a number of reasons. Some glow when they are in danger, sending light in a direction or at an angle that helps them hide their shadows, frightening and confusing their predators. For example, a certain kind of squid squirts out a glowing cloud of chemicals when it's attacked. Hidden by the glow, it can then escape.

Others might use it to attract their prey, like the anglerfish in "Nemo." In the depths of the ocean, the female anglerfish really

does dangle a glowing rod that attracts small fish and shrimp. Animals also glow to attract a mate. That's what fireflies are doing when you try to catch them on warm summer evenings.

Some creatures cannot control their glowing. They have a special material in their cells called green fluorescent protein (GFP) that is responsible for their appearance.

Scientists discovered GFP in 1961 in creatures living deep undersea. Since then, these creatures have become important tools in studying human diseases and in understanding how the brain works.

For example, in the past 10 years scientists have figured out how to attach cells glowing with GFP to cancer cells in lab animals, like putting reflectors on bike pedals. The glowing "labels" then help researchers see how the cancer cells react to different types of medicine and treatment.

Not everyone thinks that people should be using these amazing glowing creatures for scientific research, but there can be no doubt that their ability to create their own light sure comes in handy. The next time you're trying to find the bathroom in the middle of the night, think how cool it would be to be your own flashlight!

FOR MORE INFORMATION

To learn more about glowing animals, check out these cool Web sites:

www.sdnhm.org/kids/lightsalive
www.biolum.org

— The Washington Post

From painful memories, 'New Beginnings'

The Washington Post

Lara Mitra, 13, of Washington, took third place in the national No Name-Calling Week contest for her poem "New Beginnings." This is the third year for the contest, which was inspired by the book "The Misfits," by James Howe.

Lara entered the contest because she has a friend who was bullied. His experience "made me think that this was a much bigger problem," she said. "The contest was the perfect way to show how

Poem speaks to
victims, witnesses
and the bullies
themselves.

I feel about it."

The seventh-grader said that, like most kids, she learned the phrase "Sticks and stones will break your bones, but names will never hurt you." But she disagrees:

"Name-calling can really hurt. Bones can always heal. Bruises go away. Name-calling ... can be a lot more painful in the long run."

In her poem, Lara speaks to victims of bullying, to those who see the bullying and, finally, to the bully.

Here are parts of her poem:

Part One: To the victim

Stand strong
What they say isn't true
The names will only hurt you

If you let them get to you

Part Two: To the witness

Don't just be a witness
One who sees, but doesn't do
What is happening to the victims
Could just as easily happen to you

Part Three: To the bully

Why? Is all I have to say
In disgrace, in dismay
Why pick on someone day after day
Can't you think of a better way?