

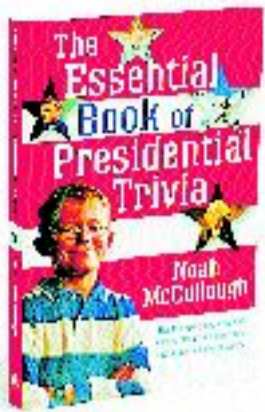


Sunday,  
June 25, 2006

# sneakers



## BOOKSHELF



### Follow our leaders

The Washington Post

**"The Essential Book of Presidential Trivia,"** by Noah McCullough; Random House Trade Paperbacks (\$9.95)

There are so many facts packed into this 279-page book that you might call it 10-year-old author a Noah-it-all. Indeed, Noah McCullough has been learning everything he can about our presidents since he was 5. Here's some fun stuff he found out:

- Lyndon Johnson held a barbecue on the roof of the White House.
- George Washington put fine furs on his horses.
- Gerald Ford was vice president and president without being elected to either job.
- Grover Cleveland had a rubber jaw (after some surgery).
- Dolley Madison (not a president, we know, but we had to include a "girl fact") liked to chew tobacco.
- John Quincy Adams kept a pet alligator in a White House bathtub.
- Ulysses Grant got a speeding ticket on M Street while riding his horse.

## ABOUT YOU



### Playground safety

The Washington Post

Each year more than 200,000 kids younger than 15 are treated in U.S. hospitals for playground injuries, according to the National Center for Injury Prevention and Control in Atlanta. Some other statistics:

Of kids treated for playground injuries ...

**55** percent are girls  
**45** percent are boys

Most likely to be injured are kids ...

ages **5 to 9**

Most dangerous equipment

Public playgrounds: **climbers**  
Home playgrounds: **swings**

## FUN FACTS

- Eucalyptus leaves are poisonous to most animals, but koalas are able to eat them. In fact, the leaves are almost their only food.
- The world's fastest bird is the peregrine falcon, which moves about 100 to 200 mph.
- Fish that are born in freshwater, live in saltwater, then return to freshwater to spawn are called anadromous (eh-NAD-ro-muss) fish. Eels do the opposite and are called catadromous (ca-TA-dra-muss). They are born in saltwater, and grow up and live in freshwater.

Want to know more? Go online to [www.worldatmanacforkids.com](http://www.worldatmanacforkids.com) for more fun facts and games.



Peregrine falcon

## CLASS of the MONTH

# Extra! Extra!

Read all about it! Hamilton fifth-graders keep newspaper legacy alive

### The Hamiltonian

JUNE 2006 5<sup>th</sup> Grade Edition

#### Team 2 captures victory at Field Day

By REINA DOMINGUEZ  
The Hamiltonian  
In the early Field Day events, it seemed Team 2 of Ms. Camacho's class had a championship in the bag. They easily won five of the first six events, including Hoop Relay, Football, Throw and the Weakest Link game. Please see FIELD DAY, page 2



There were a lot of different expressions on people's faces as they watched their team race. Photo by Mrs. Camacho.

#### New Principal Shares Love of Learning

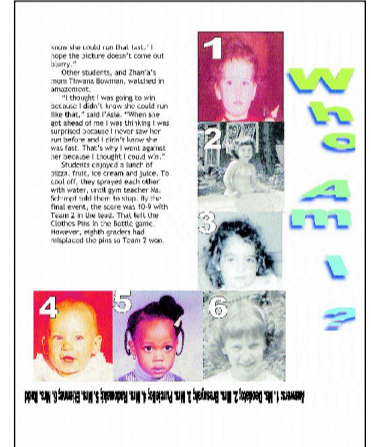
By BRYANNA EDWARDS  
The Hamiltonian  
"I knew what I wanted to be when I was a little girl and that was a teacher. I played school with all my friends, but I always had to be the teacher," said Virginia Galizia. "I love learning and school and wanted to share my love of learning with others." Please see MRS. GALIZIA, page 2



Mrs. Galizia takes a moment to make a phone call. Photo by Dylan Timarky. MRS. GALIZIA cont.

Special to the Herald News

Pages from The Hamiltonian, an eight-page newspaper, made by fifth-graders at Alexander Hamilton Academy in Paterson. Features included coverage of Field Day competitions, profiles of teachers and a guessing game with childhood photos of teachers. Herald News staffers gave lessons to the students, who served as reporters, photographers, editors and page designers.



**FUN FACT**  
On Sept. 25, 1690, the first American newspaper was published in Boston. It was called Public Occurrences.

ELIZABETH LARA/  
Herald News  
Ms. Camacho's fifth-graders published their first newspaper as part of a class project at Alexander Hamilton Academy.

## Pedometers keep track of kids' movement

By MARGARET WEBB PRESSLER  
The Washington Post

How many steps do you take in a day? If you wear a pedometer — which counts every step or bounce you take — you can find out for sure. And it's a good number to know.

Fitness experts say that kids should take at least 7,500 steps a day. The more steps you take every day, the fitter you will be. That matters because being overweight as a child makes it more likely that you could develop serious health problems when you grow up. That's a little scary since there are twice as many overweight kids today as there were

**Fitness experts say that kids should take at least 7,500 steps a day.**

20 years ago, and there are three times as many overweight teens. Taking 7,500 steps in one day might seem like a lot. After all, walking a mile equals about 2,000 (grown-up) steps. But it might not be as hard as you think — and it can be lots of fun. We gave pedometers (pronounced peh-DOM-utt-ers) to nine kids and asked each of them to wear one for a whole day and record

the results. We think they might have done a little extra running around at recess; even so, we found a pretty active group of kids. Congrats to them! Any kind of movement counts, so activities including basketball, jazz dancing, ice skating and just playing outside pushed everyone's numbers higher than the government's recommended minimum.

How many steps do you think you take in a day? Use a pedometer sometime to check for sure. Remember that you get a higher number if you play soccer than if you play on a computer.

So, get moving and aim for that high number. It's good for you!

### HOW TO MEASURE YOUR STEP DISTANCE

How many steps do you take in a mile? How about Mom or Dad?

1. With a grown-up, measure out a distance of 50 feet.
2. Walk that distance and count how many steps you take.
3. Divide 50 by your number of steps. That's your stride length.
4. Now divide 5,280 (the number of feet in a mile) by your stride length. That's how many steps you take in a mile.

— The Washington Post