

SUNDAY, JUNE 26, 2022

FROM THE NEW YORK TIMES MAGAZINE

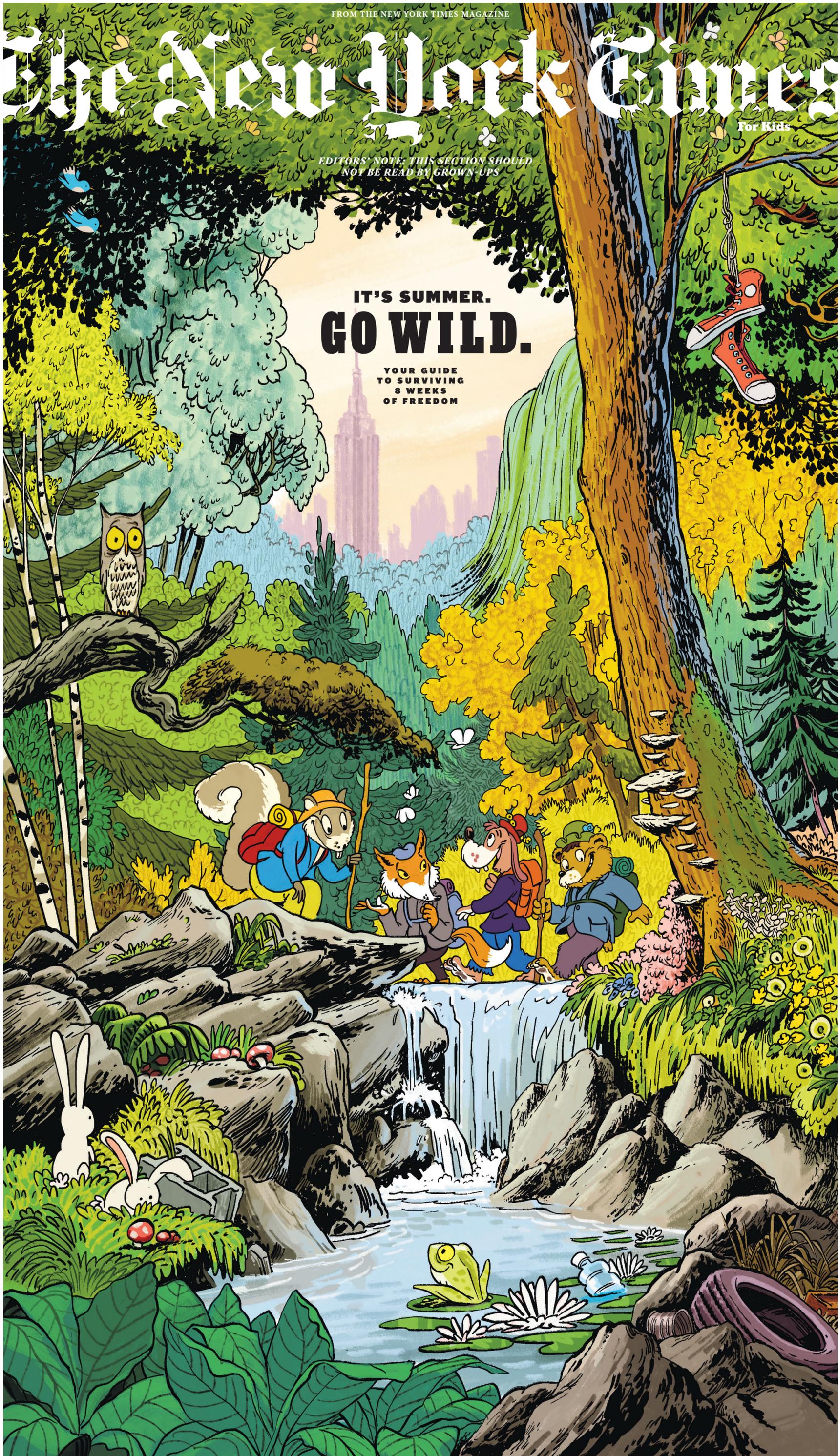
The New York Times

For Kids

EDITORS' NOTE: THIS SECTION SHOULD NOT BE READ BY GROWN-UPS

IT'S SUMMER.
GO WILD.

YOUR GUIDE
TO SURVIVING
8 WEEKS
OF FREEDOM



KIDS TO ADULTS: WE DEMAND ACTION ON GUN VIOLENCE, PAGE 3 • THE LINDA LINDAS GO ON TOUR, PAGE 11 • GOODBYE TO ONE WEIRD SCHOOL YEAR, PAGE 3 • HOW TO MAKE MONEY THIS SUMMER, PAGE 4 • HOT? CUT OFF YOUR HAIR! PAGE 11

ILLUSTRATION BY ZOHAR LAZAR

Inside The Times



LETTERS

FUTURE ASTRONAUTS

IN THE APRIL ISSUE, we covered the ins and outs of NASA's training program for new astronauts, including learning languages, taking survival courses and flying jets. Several readers wrote to kids@nytimes.com to share whether they would like to be an astronaut. Here are a few of them.

MAUDE STEVENS, 14, Brooklyn

Can you even imagine swimming in a deep pool, weighed down by a spacesuit? You'd have to be insane to do it. Which makes astronauts even cooler! I want to be an astronaut because you have to conquer all your fears and be brave enough to explore space. How many people can say they get paid for that? Not a whole lot.

WILLA SIMON, 10, Manhattan

I do not think that I would like to be an astronaut. I would be terrified in space.

MISIA WONG, 10, Queens

Yes! It seems exciting to live on the moon. I wonder if they have postcard stores there so I could send "Greetings from the moon" to my parents and sister. They would be so proud!

VITA MARCHESI, 7, Brooklyn

I do, because I want to learn more about black holes.

CHARLOTTE, 13

Despite the challenges and tests, I would like to become an astronaut. I would enjoy looking at Earth from a different perspective. I also think that finding new information about space might be helpful to humans later on because of climate change. We may need another planet to live on in 50 to 100 years. ♦

FUNNIES

MY MOST EMBARRASSING MOMENT

TEXT AND ILLUSTRATION BY
JOOVIN NAM, 13, BRUSSELS



I'VE BEEN INTO K-POP LATELY, WHICH HAS MADE ME WANT TO BE A K-POP SINGER WHEN I GROW UP.



SO I'VE SPENT TIME WATCHING DIFFERENT K-POP VIDEOS AND TRYING TO LEARN THE CHOREOGRAPHY.



BUT MY MOM SECRETLY FILMED ME DANCING AND SHOWED ME THE VIDEOS.



I HAVE NEVER BEEN SO EMBARRASSED IN MY LIFE. I AM TRULY THE WORST DANCER EVER! I SHOULD THINK ABOUT WHAT I CAN DO WELL FROM NOW ON.

WRITE FOR US!

THIS YEAR'S CONTEST IS ABOUT RULES THAT SHOULD BE THROWN OUT THE WINDOW.

BY MOLLY BENNET · ILLUSTRATION BY KYLE ELLINGSON



IT'S THAT TIME again: We're holding our fourth writing contest at The New York Times for Kids! For this contest, we're asking you to write a personal essay about a rule in your life that you would get rid of or change if you could — and why. We'll pick one or more essays to run in a future issue!

In a personal essay, you write about something that has happened in your life. It's a way to share an experience with other people and give your point of view. To write a good personal essay, you should:

1. BE DESCRIPTIVE. You'll want to be a storyteller and use lots of details, so a reader can really imagine and understand your life or an experience you had.

The more specific the details of your story, the better.

2. BE REFLECTIVE. Think about what your experience means. How does it make you feel? Have you learned something? What are you trying to say by sharing this story?

3. BE YOURSELF. You can be funny or serious. You can write about a big thing or a tiny one. But it has to be YOU.

To get started, think about a rule that you think should be changed or gotten rid of. It can be a rule that you have to deal with at school or at home, or in any other aspect of your life. For example, when my colleague was growing up, her parents made all the kids in the family

take piano lessons until they were in fifth grade. She dreaded them. But she thinks that her parents should actually have made her play for even longer — at least that way she would still remember some of what she learned.

In some cases the rule you think needs to be changed might even be a government rule or law. When I was growing up, there was a rule that kids across the country had to take an annual fitness test in gym class in which teachers would measure things like how fast you ran a mile and how far you could reach past your toes. Everybody hated it. A few kids always got really stressed out by the whole thing, and nobody else took it seriously at all. It all just felt pointless and humiliating.

Once you've zeroed in on a rule that you think should be changed, start writing! Use your own voice, don't forget to include lots of details and think hard about why, exactly, you think this rule isn't right. How would you make it better? Ask a friend or grown-up to provide feedback, and once you're happy with your draft, send it in.

TOPIC: Describe a rule in your life that you'd like to get rid of or change — and why.

LENGTH: 200-300 words

DUE: By Sunday, July 24. Email your submission to kids@nytimes.com and make sure to include your full name, age and hometown.



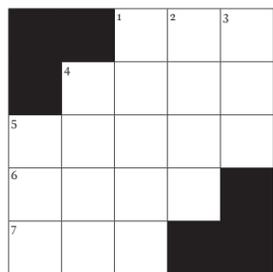
PUZZLE

NO HELP NECESSARY

BY JOEL FAGLIANO

The crossword puzzles in The New York Times increase in difficulty as the week progresses. The three here — created just for you — get harder, too. If you like chess, start with 4-Down in the Easy puzzle. Good luck! ♦

EASY



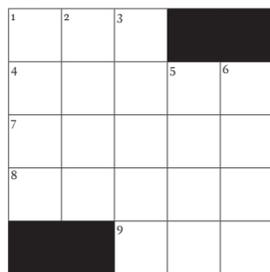
ACROSS

- 1 Animal that moos
- 4 Nickname for dad
- 5 It beats rock, but loses to scissors
- 6 Wilson who voiced Lightning McQueen in "Cars"
- 7 Finishing point

DOWN

- 1 Like superheroes
- 2 Opposite of closed
- 3 Conflict between armies
- 4 Lowly chess piece
- 5 Poet Edgar Allan ___

MEDIUM



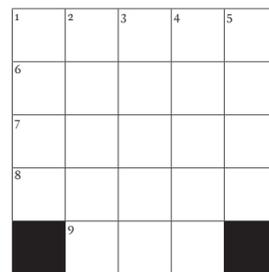
ACROSS

- 1 Freeze ___ (playground game)
- 4 Hawaiian hello
- 7 Parts of a skeleton
- 8 Rare food to eat?
- 9 Streets: Abbreviated

DOWN

- 1 Things opened on internet browsers
- 2 Tons and tons
- 3 Person who is completely toast
- 5 Place for a hat
- 6 Poses a question to

HARD



ACROSS

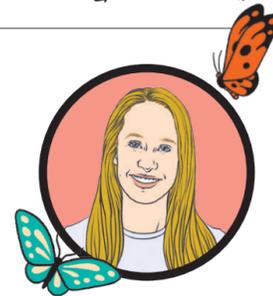
- 1 Summer vacation destination
- 6 What "X" means in XXL
- 7 Kid selling cookies or earning badges
- 8 Past, present or future
- 9 "___ It Go," from "Frozen"

DOWN

- 1 #1
- 2 Do really, really well
- 3 Make up (for)
- 4 Part of a pizza slice that's often left uneaten
- 5 Opposite of love

ANSWERS ON PAGE 13

The New York Times Magazine



SUMMER VACATION beats out all other school breaks. Sorry, but it does. It means camp. It means late nights. Sleepovers. Watermelon. Cannonballs. Swimming. Lounging. Laughing. Or all those things. Or none of those things — it's up to you. If you do find yourself with some free time, we hope you will enter the personal-essay contest above! It flashes back to those times when there were things called rules. *Amber Williams*

The New York Times for Kids appears in the paper on the last Sunday of every month. The next issue will be on July 31.



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CONSIDER ASKING A PARENT BEFORE READING. THIS STORY IS UPSETTING.

National

AFTER UVALDE, KIDS DEMAND ACTION ON GUN VIOLENCE

BY CHARLEY LOCKE



Students from Miguel Contreras Learning Complex high school in Los Angeles demonstrate near City Hall after walking out of school on May 31 to protest gun violence.

WHEN AYANA HASAN learned that a gunman had entered Robb Elementary School in Uvalde, Texas, and killed 19 students and two teachers, her first reaction was to start crying. “I was really upset, because this could have been me or my loved ones,” says Ayana, who is 14 and lives in Pleasanton, Calif. But then she started to feel something else: frustration, about Uvalde and the other school shootings that keep happening in the United States. “I was tired of just grieving for people who were shot,” she says. She wanted to do something. So

the following Tuesday morning, she led 400 of her classmates at Hart Middle School in a 10-minute school walkout to demand that lawmakers do more to stop gun violence.

Ayana and her classmates weren’t the only kids who wanted to channel their fear, sadness and frustration into action. In the weeks after the May 24 tragedy in Uvalde, thousands of other students at schools around the country, from Vermont to Florida to Washington, staged walkouts of their own, carrying homemade signs and chanting to demand action from the lawmakers who represent them.

After Beatrix Waddell, 12, learned about the shooting, she felt so scared that

she stayed home from school for a day. She decided to participate in the walkout at her school in Seattle, Whitman Middle School, to make sure adults understood her fear, and to “express the emotion of wanting to be safe at school,” she says.

Wanting to feel safe in school is something Nile Carlson, 12, was thinking about even before Uvalde — he has marched in protests against gun violence before. But this was the first time he has ever organized a walkout. After coordinating with his principal at Merrill Middle School in Des Moines, Nile brought more than 30 signs for the event — and then almost 300 of his schoolmates joined him. He’s glad so many kids participated, but “we shouldn’t

have to do this in the first place,” he says.

Ayana agrees. “Adults have more power than us kids,” she says. “So if a kid like me figured out how to stand up about this, then they can make a change as well.” ♦

LET US KNOW

The New York Times for Kids plans to continue covering the issue of gun violence, and we want to hear from you. What do you think our editors should know about how gun violence affects your life? What questions do you have that you would like to see answered? Write to us at kids@nytimes.com.

HOW I BECAME A

CAMP DIRECTOR



BY JAMIE JANNUSCH

WHEN I WAS 7, my parents sent me to summer camp for the first time. Right away, I felt that I belonged. That sense of community is why I went to camp in Wisconsin every summer for the next 10 years. During all that time, I wanted to be a camp counselor. I finally got my chance when I was in college and spent three summers working at the camp I went to growing up.

I studied graphic design during the school year. But that wasn’t the right fit for me, so I switched my major to youth programming and camp management. Two days after my graduation, I started working at a camp for children and adults with disabilities as a program director. For three summers, I was in charge of planning activities like swimming and learning about the environment. Then I became the assistant director and focused more on improving campers’ lives and helping them reach their goals — like touching the top of a climbing wall!

In 2018, I became director of Pretty Lake Camp near Kalamazoo, Mich. I wanted to work here because it’s free, which can make summer camp a possibility for young people who wouldn’t otherwise be able to afford it. My main responsibilities are hiring and training staff, developing policies and organizing activities. But my biggest job is to make sure that every day runs smoothly.

In this job, you’re the one leading the team, so it’s important to make sure everyone feels included. One of my earliest mentors told me that camp can be anywhere, even in a parking lot. What matters is the community you create and the connections you make with other people. *Interview by Sara Swann*

AWKWARD. EXCITING. ACTUALLY KIND OF NORMAL? THE YEAR IN REVIEW

ILLUSTRATION BY NADA HAYEK



CONGRATULATIONS: It’s the end of June, and that means you’ve officially made it through one of the strangest school years ever. At least that’s how it seemed last fall, when The New York Times for Kids talked to more than 30 kids about what it felt like to be back in in-person school. Some kids told us about the thrill of being reunited with friends. Others felt more anxious — about catching Covid, or the uncertainty of whether school would have to shut down again. And others wished that school would just feel normal again — no masks, no distancing.

But a lot has happened in the last nine months. For one thing, in the fall, kids 5 and older finally were able to get the Covid vaccine. As the school year comes to an end, we decided to check back in with three kids from our September issue about how it all turned out, and how they feel now.

UMA NAVARRETE 13, San Juan, Puerto Rico

What she said in September: Seeing my friends daily has been really fun and exciting. It’s like I have a purpose to go to bed at night and wake up in the morning.

What she says now: We never had to go back online, thankfully. And because we were back in person, it felt as if our grade could get back our sense of school spirit too. In May, we got to be part of an eighth-grade tradition: The whole grade rented a boat and went to an island called Cayo Icacos. Everyone just had a blast, listening to music and snorkeling and playing sports. The thing I learned this year is that if you make school your home — not just a workplace — then eventually, you’ll love it. I think that’s what our whole grade did this year after being online.

What she’s looking forward to this summer: Hanging out with my friends and making new friends. And hanging out with my family again, because I’ve been spending most of my time in school! *Interview by Rainsford Stauffer*

ABBAS SYED 11, Fort Bend County, Texas

What he said in September: I can’t attend school, because I have asthma, and my sister, Sakina, is high-risk. Nobody’s social distancing. A lot of people in my class are not wearing masks, and the desks are facing each other.

What he says now: Sakina and I went back to school in person in January, after kids were able to get the vaccine. I follow a plan to stay safe: My desk is far away from other students’, and I don’t take off my mask around other people. The hardest part is that as a result I don’t eat lunch at school — instead, I eat a big breakfast before I go to school and eat lunch when I get home. The first day back was kind of

awkward, but then I saw my friends and was just ready to play basketball with them. I was excited to be there. It felt a lot better than being virtual, and I think we learned a lot more.

What he’s looking forward to this summer: The Covid situation getting better. I hope more kids will get boosted, because that would change a lot. If people would wear masks and get vaccinated, I could go to basketball camp. *Interview by Rainsford Stauffer*

XIAOMIAO HU 13, Hockessin, Del.

What he said in September: It feels like going to Times Square. It gives me that kind of vibe, like when you’re in

the cafeteria or hallway and there are so many people squeezing in and talking.

What he says now: This year started out feeling overwhelming. But it ended feeling more like a regular school year, especially because not everyone wears a mask anymore, although I still wear one. With masks on all you see is hair and eyes. Now you can see people’s expressions and get to know them more easily. As the year went on, I definitely felt as if I was building more connections. Last year we were either hybrid or online, so you’d talk to people for three minutes on a screen. Now I see them five days a week, and they’ve become like a second family. School still feels crowded and noisy. But it doesn’t feel overwhelming anymore. It feels like how middle school is supposed to feel.

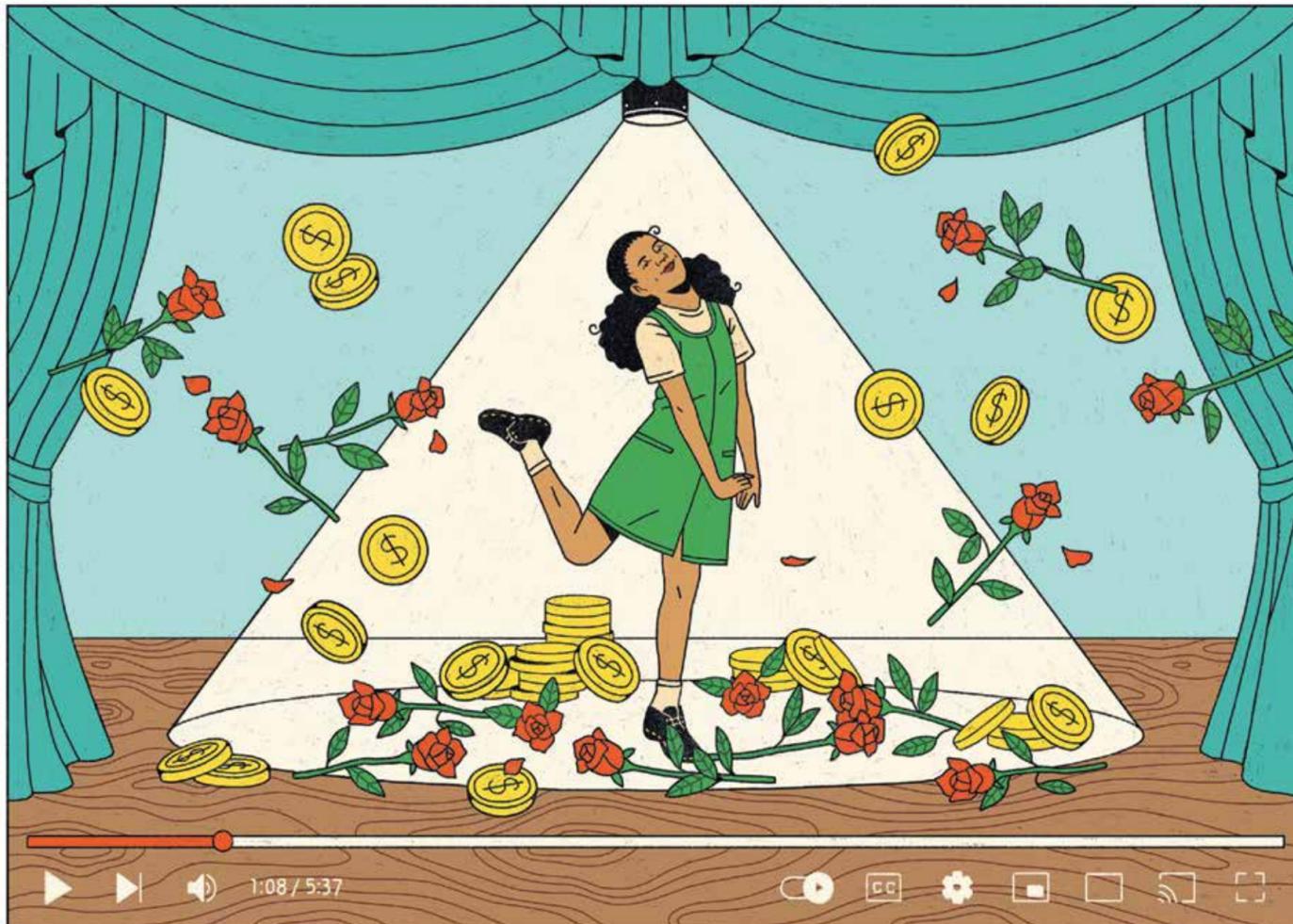
What he’s looking forward to this summer: I’m doing 10 times more stuff than last summer. I’m spending a month at musical-theater camp, and taking a trip out West that will probably include stopping in Yellowstone. *Interview by Kitson Jazyka*

Money

IN WASHINGTON STATE,
A NEW BILL COULD HELP KID CREATORS GET THEIR

FAIR SHARE

BY YASMIN GAGNÉ • ILLUSTRATION BY NADA HAYEK



PICTURE THIS:

YOUR MOM posts a video of you — a prank you pulled on your sister or a dance you made up to Harry Styles's new song — and it goes viral. The attention is thrilling. People recognize you in the grocery store, and you are interviewed on the news. Then your family starts making money from the video. You're rich! Right?

Nope. Famous YouTubers can earn millions, but kids rarely see any of it. Legally, the money belongs to their parents. (Not to mention that many kids don't have a say in whether the video is posted in the first place.) That fact inspired Chris McCarty, a 17-year-old who uses they

pronouns, to propose an idea for a new bill in their home state, Washington. After seeing a viral news story about a kid whose parents made money from him, Chris started looking into possible solutions. "This is not an issue that a lot of people know about," Chris says. They started by calling state senators and representatives, and ended up contacting State Representative Emily Wicks, who signed on to help Chris write and propose a new law.

Now, the team has created House Bill 2032. Basically the bill says that if parents make a certain amount of money from videos that feature their kids, some of that money will have to be put in a trust — a sort of savings account that kids can access when they turn 18. It also

gives kids the right to have the videos taken down at that time, in case (for example) they don't want to be known as the Dancing Kid for their whole lives. "There's a lot of focus on parents' regulating how much time their kids spend online, but it's also important to look at the parents who are pushing their kids into being online and making money off of them," Chris says. "Those kids should get some of that money."

The legislation still has a long way to go: In order to pass, it will have to be approved by several committees, the State House and Senate and the governor. If it is, it will be the first law in the country that requires that kid influencers be paid for their work. ♦

MAKE MONEY THIS SUMMER

BY ABBY CARNEY • ILLUSTRATION BY LUCI GUTIÉRREZ

GETTING A "real" job as a kid is tricky, since laws prevent people under 14 from working at places like restaurants and stores. But there are some cool ways to make some cash beyond babysitting and selling lemonade.



FREELANCE WRITER AND ILLUSTRATOR

There's no age requirement for writing professionally — kids can pitch stories to editors at magazines, newspapers and online publications and be paid like anyone else. Just ask 17-year-old Alex Berman, whose nonfiction writing and art started appearing in online magazines last year. After being mentored through a writing program in 2021, Alex started reaching out to magazines for young writers, like *jGirls+* Magazine and *Blue Marble Review*, to pitch stories. She earns about \$25 per piece. As an aspiring novelist, she says being paid to do work she loves feels "unthinkable."



CLOTHING RESELLER

Are you a fashion fanatic? Kids with an eye for trends are buying bargain clothes at thrift stores and reselling them on platforms like Depop, Poshmark and eBay — sometimes for a lot of money! Keegan Gardner, 16, who goes by TheTeenReseller on social media, explores secondhand shops around Peoria, Ill., his hometown. "It's really exciting when you find a new brand," he says. "You get a little bit of an adrenaline rush." He has been selling fashion and shoes since he was 14, and he has earned enough to buy a car and save for college.



HAIR BRAIDER

If you're especially talented at a skill, whether it's baking cookies or painting beautiful nail art, there's a good chance people will pay you for it. That's how 17-year-old Aminata Balde from Riverdale, Ga., started her hair-braiding business. After watching her mom twist and twine people's hair in her home shop, Aminata started braiding in 2020, when she was 15. Now, most of her customers come through word of mouth, or find her on Instagram. She says she especially enjoys the social part of the job, because she likes "meeting and talking to new people." ♦



TEXTING WITH A PROFESSOR

WHY DO PEOPLE KEEP TALKING ABOUT UNIONS?

BY NOAM SCHEIBER

STARBUCKS AND AMAZON have been in the news a lot lately, but not for what they sell. It's because workers at both companies (and other places like hospitals and universities) have been trying to unionize. A union is sort of like a club that workers join in which they talk about how they want their jobs to improve, usually at their specific store, warehouse or location. Once most of the members agree, a union can go to the company and ask for those changes together. They're becoming more popular: There have been more requests to form a union so far this year than at this point in any of the last 10 years. To find out more, we texted Kate Andrias, a law professor who studies unions at Columbia University. An edited version of our conversation follows.

Workers at Starbucks and Amazon recently started unions. Can you explain what happened, using only emoji?

Noam



Kate

I think I understand, but could you translate that?

The workers at Amazon and Starbucks talked to one another about what they wanted to change about their jobs. After signing cards that said they were interested in unionizing, a government agency called the National Labor Relations Board held an election, in which everyone could say whether or not they wanted to be in a union.

At dozens of Starbucks stores and at one Amazon warehouse, a majority of workers voted yes to unionizing.

What's the point of a union?

A union allows workers to act all together and have a stronger voice. Think of it this way: If one student is upset that her school doesn't have enough and complains, the school board might say no. But if all the kids in her school go to the board together, the board will be more likely to listen. Sometimes workers in a union even go on strike to get their way — that's as if all the kids refused to do homework until the book shortage is addressed.

Workers in a union can ask for any number of changes; not just more breaks and time off, but also more safety equipment like fire extinguishers and first aid kits.

Are there any reasons a worker wouldn't want to join a union?

Unions are democracies, and they have the same downsides. When a majority of workers vote for specific improvements, they apply to everyone at that workplace. Sometimes, one worker might not like the agreement that is approved, but they will still have to work under it.

Why do some companies not want their workers to join unions?

When workers are in unions, they usually win higher wages and better working conditions, which can cost companies more money. Workers also get more of a say in what happens at their companies. Some companies don't want to share that power with their workers, or to spend more money on their workers.

Thanks!



Summer Handbook

PULL ME
OUT!

INTO THE WILD

HOW TO
SET UP CAMP WHEREVER
SUMMER TAKES YOU

BY CHELSEA LEU,
SHEELA SHRINIVAS AND ED WINSTEAD

ILLUSTRATIONS BY
ZOHAR LAZAR

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- 2 NAVIGATING THE SWIMMING POOL SCENE P. 6
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NO MATTER HOW STRANGELY A NEW SCHOOL YEAR STARTS, BY THE TIME SPRING COMES, YOU PRETTY MUCH HAVE A HANDLE ON THINGS.

You know that if you're late to soccer practice, you'll have to do an extra lap, and that if you ask your math teacher a question about his pet lizard, he'll get so excited he'll forget to assign homework. You have your school-day schedule, your weekend routines. And then, every May or June, the same thing happens: It all ends. Your routines go out the window. The social scene you finally figured out dissolves. For the next two months, you're basically in the wilderness — whether that means an actual camping trip or trying to figure out how this whole “summer job” thing is supposed to work. A break from routine is part of what makes summer so great: It's a time to get out of your comfort zone and explore new territories. But being plopped down into an unfamiliar situation can also throw you off your game. That's where this guide comes in. Pull it out and carry it around all summer long — it'll help you navigate whatever kind of wilderness you find yourself in.

TURN THE PAGE →

Summer Handbook

START ON PAGE 51

TURN THE PAGE

1 THE GREAT OUTDOORS

SLEEPING IN THE WOODS

AH, NATURE. THERE'S NOTHING LIKE A SUMMER NIGHT SPENT MAKING S'MORES AROUND A CAMPFIRE AND SLEEPING UNDER THE STARS. EXCEPT THAT THE FIRE KEEPS DYING, YOUR STOMACH IS FEELING OFF AND WHAT WAS THAT SHRIEKING SOUND THAT JUST CAME FROM THE TREES? YOU'RE IN THE ACTUAL WILDERNESS NOW. HERE'S HOW TO HANDLE IT LIKE A PRO.

PICK THE PERFECT CAMPSITE

IF YOU WANT to avoid tossing and turning all night—or waking up to find yourself in an inch of water—you'll need to be picky about where you set up camp. First, look for a flat area without a lot of roots and rocks on the ground. They'll

make it harder to pitch your tent (and dig into your back while you're sleeping). Then, see if there are sources of water nearby (streams, lakes, etc.). If there are, think about where that water would flow if it rained in the middle of the night, says

Clare Arentzen, a senior outdoor guide at the Appalachian Mountain Club—the goal here is to avoid setting up camp in a spot that might turn into a giant puddle. (You should also make sure to camp at least 200 feet away from water bodies,

so you don't disturb the ecosystems.) Last but not least: Look up! If you see trees that look like they might be dead, avoid them—you don't want them to fall on you if the wind blows too hard. That would be bad. C.L.

BUILD A CAMPFIRE

ARE YOU REALLY CAMPING if you're not setting marshmallows on fire? If there's no fire pit in your campsite, you can make your own. (Just make sure you're allowed to set fires in that area first.)



1 FIRST, LOOK AROUND for a good site to build a fire. You'll want to find an area that's far from any low-hanging tree branches. Once you've found a good spot, clear away any sticks and leaves that are on the ground. Then find some rocks, and build a fire ring by placing them in a little circle about a foot in diameter.



2 IT'S TIME TO GATHER leaves and sticks for fuel. Arentzen recommends the four D's: dead, down, dry and dinky. You're looking for twigs and sticks on the ground—don't pull branches off trees! And no stick should be thicker than your wrist, so your fire doesn't get out of control. Gather all the wood you think you'll need, since you shouldn't leave your fire after it's lit.



3 PILE UP THE TINIEST twigs and leaves in the fire ring. Then use a lighter or waterproof matches to set them on fire. (If you think to pack them ahead of time, cotton balls covered in Vaseline, small tea candles and even dryer lint all make great fuel in case you can't find dry twigs.) Add bigger and bigger sticks until your fire is burning steadily.



4 NOW THAT YOUR fire is going, it's time to break out the marshmallows! At the end of the night, after you've sung too many camp songs and are sick of eating s'mores, you can put out the fire by pouring water on it until you're sure it has gone all the way out. When you leave, take apart the fire ring and scatter the cold ashes in the woods. C.L.

SUPPLY KIT



BUG SPRAY. Yes, you're here to experience nature in its fullest. But there are limits.



FIRST-AID SUPPLIES. Arentzen recommends bringing Band-Aids and Pepto-Bismol.



TOILET PAPER. The thinnest you can find—it'll decompose more easily in the ground.

UH, WHAT'S THAT NOISE?

IF YOU FIND yourself lying awake in your tent at 3 a.m., quivering as you listen to eerie noises emanating from the trees around you, know this: What you're hearing is most likely harmless! "Everything sounds bigger at night than it actually is," Arentzen says. Here are some terrifying-but-common forest noises.

RUSTLING LEAVES You're convinced: THIS IS A BEAR. Actually, it's probably just smaller critters foraging for food.

SQUEAKY GROANS These are probably trees, which can creak loudly when it's windy.

EERIE SCREECHING Owls don't just hoot—they make all kinds of weird noises. Barn-owl calls, for instance, sound like screaming heard over a really staticky radio.

HIGH-PITCHED SHRIEKS Red foxes might be cute, but the sounds they make are bloodcurdling. C.L.

LEAVE NO TRACE: POOPING IN THE WOODS

YOU MIGHT be in nature, but at some point, nature is going to call. Grab some T.P. and find a well-hidden area at least 200 feet from your campsite and any sources of water, so you don't contaminate anything. Using a small shovel, dig a hole that's about six to eight inches deep and four to six inches wide. Poop in the hole. Then, take a stick

and "stir it up as best you can," Arentzen says. ("This is the fun part," she adds.) You want your poop to be in smaller chunks, so it can decompose as quickly as possible. Put your T.P. in, fill the hole back up and cover it, and finally, stab the poop stick straight into the ground to warn other campers. Then, two words: hand sanitizer. C.L.

2 YOUR NEIGHBORHOOD

NAVIGATING THE SWIMMING POOL SCENE

EVERYBODY KNOWS THAT A WATERING HOLE IS A PRIME LOCATION FOR OBSERVING ANIMAL BEHAVIOR. DIFFERENT HERDS CONGREGATE AND INTERACT, EYEING EACH OTHER WARILY. INDIVIDUALS JOCKEY FOR POSITION IN THE HIERARCHY. JUVENILES FROLIC. WE'RE TALKING, OF COURSE, ABOUT YOUR NEIGHBORHOOD SWIMMING POOL. AND IF YOU'RE ONE OF THE ANIMALS IN QUESTION, THE LOCAL POOL SCENE CAN BE A REAL SOCIAL PRESSURE-COOKER. HERE'S HOW TO PLAY IT.



NEVER LET THEM SEE YOUR FEAR

PICTURE THIS: It's the hottest day of summer, and you're dying to plunge into the cold pool. You head straight for the diving board, climb up the steps, step out to the end of the board and look down upon the dozens of splashing swimmers. And then you realize: They're all looking up at you. Suddenly, your vision of a graceful dive becomes a nightmare of belly-flop disaster. And you freeze.

When you find yourself paralyzed by anxiety and self-doubt, one of the best things you can do is get out of your own head, says the therapist Valerie Hamra. Instead of imagining the scornful faces of your pool peers, focus on physical sensations: "Find five things you can see, four you can hear, three you can feel, two you can smell, and think about the taste in your mouth," Hamra suggests. Another trick: Make a fist with one hand, press it

into the palm of your other hand, and repeat. Little things like these will help you calm down and take your attention away from worrying, so you can get back to what you do best: splashdown. And if the worst-case scenario does come to pass and you belly-flop in a spectacular fashion, just exit the water gracefully and take a big bow. Hey, somebody's gotta provide the entertainment around here. E.W.

PICK THE PERFECT CAMPSITE

CHOOSING THE RIGHT lounge chair at the pool is the difference between a relaxing day and a horror show that sets the tone for the rest of the summer, and quite possibly your life. No pressure!

FIRST, choose a spot far enough away from the splash zone, but close enough to the action—and close enough to let you avoid a long, sopping-wet walk back to your towel post-swim.

AVOID camping out near trash cans. No one looks glamorous swatting away bees.

REMEMBER: The pool is the place to be seen, but not too seen. If you can snag an umbrella, you're golden. And bonus: Maybe your crush will be around and will ask to borrow some shade? S.S.

FIND CLEAN WATER

YOU'RE BOUNDING around in the pool when you suddenly enter a section of water that can only be described as "warmer than it should be." You've just entered a pee pocket. Here's how to stop it from happening again.

• The likeliest source of pool pee will be anyone under the age of 6 with a blank, dreamy gaze on their face. Stay far, far away from these known water polluters.

• Take note of anyone on deck carrying an extra-large drink. Avoid that person in the water at all costs.

SUPPLY KIT



SUNGLASSES to be lowered in slow motion whenever you learn a particularly shocking piece of gossip.



A GOOD BEACH READ—ideally one juicy enough to help you tune out the constant shrieks of little kids and the lifeguards yelling, "No running on the pool deck!"



A giant **SWAN-SHAPED FLOAT**, just so everybody knows who runs this place.

3 YOUR CITY

EXPLORING THE URBAN JUNGLE

BEING STUCK AT HOME IN THE CITY DURING THE SUMMER CAN SEEM LIKE A DRAG. YOU IMAGINE OTHER KIDS WHO ARE OUT DODGING BOULDERS ON A WHITE-WATER RAFTING TRIP, WHILE YOU'RE DODGING GIANT BAGS OF GARBAGE ON THE SIDEWALK THAT HAVE BEEN BAKING IN THE SUMMER SUN. BUT A LAZY SUMMER DAY IS THE PERFECT TIME TO GET OUT OF YOUR NEIGHBORHOOD AND EXPLORE UNCHARTED (BY YOU, ANYWAY) TERRITORY IN YOUR OWN CITY.

SUPPLY KIT



A BIRD-SPOTTER'S APP, because there's more to the city's avian life than just pigeons. (Merlin is a good one, and even has a Shazam-like feature for different bird calls.)



ELASTIC-WAISTED PANTS to accommodate the multiple ice cream cones consumed.



A NOTEBOOK, to write down all the strange conversation snippets you overhear.

TAKE A NATURE WALK



BEFORE YOU set out, remember: This IS A BEAR. Actually, it's probably just smaller critters foraging for food. **SQUEAKY GROANS** These are probably trees, which can creak loudly when it's windy. **EERIE SCREECHING** Owls don't just hoot—they make all kinds of weird noises. Barn-owl calls, for instance, sound like screaming heard over a really staticky radio. **HIGH-PITCHED SHRIEKS** Red foxes might be cute, but the sounds they make are bloodcurdling. C.L.

NEVER GET LOST In the city, just like in the woods, exploring is fun, but getting lost is not. And in both places, the basic principle for avoiding getting lost is the same, says the wilderness survival instructor Erik Kulick: Stay aware of your surroundings. The trick, he says, is to take mental notes on memorable

FORAGE FOR FOOD If you're feeling hungry, but you're not sure where to go to eat, the New Yorker magazine food writer Helen Rosner has a trick that rarely fails: Follow the people. If there's a crowd at a restaurant, it's probably pretty good. Even better, if you spot someone eating something



IF YOU'RE FEELING HUNGRY, but you're not sure where to go to eat, the New Yorker magazine food writer Helen Rosner has a trick that rarely fails: Follow the people. If there's a crowd at a restaurant, it's probably pretty good. Even better, if you spot someone eating something

things you see when you set out exploring—like a giant inflatable rat or a building that looks like the ribs of an enormous skeleton. That way if you get turned around, you can follow those familiar sights back to where you came from, like trail markers—and you won't have to drain your phone battery by

constantly checking Google Maps. Just one note: As you mentally flag your markers on your way out, Kulick says, be sure to turn around to see what they look like from behind, because when you're coming back from the other direction it'll all look different. E.W.

4 FRIENDS' HOUSE

SURVIVING A SLEEPOVER

YOU'RE IN A HOUSE... BUT IT DOESN'T SMELL LIKE YOUR HOUSE. YOU'RE WITH A FAMILY... BUT THEY DON'T ACT LIKE YOUR FAMILY. SUMMER IS A SEASON FOR SLEEPOVERS, BUT SOMETIMES SPENDING TIME IN A HABITAT THAT ISN'T YOUR OWN CAN BE A CONFUSING EXPERIENCE. HERE'S HOW TO FIT IN WITH YOUR (TEMPORARY) NEW PACK.

RESPECT THE ECOSYSTEM

THINK OF EVERY family as its own little ecosystem: Each one has its own rituals, its own unspoken rules, its own social practices. For example, you and your family may pick your noses together, compare what you find, and then flick it on the ground, while your friend's family might like to check out what's in their ears instead, or they may even look down on nose- and ear-picking altogether.

And that's all fine! There's no one right or wrong way to examine your own bodily byproducts, or to do anything else. But the thing to remember on your next sleepover is that when you're a guest in someone's home, the key thing is to follow the lead of your hosts, says Jacqueline Whitmore, an etiquette expert. That doesn't mean you have to do things the way they do them—just don't disrupt their habits or expect them to do things your way. "It's general respect," Whitmore says—"having respect for someone else's home, and following someone else's rules while you're in that person's home." And if you want to be invited back, be sure to clean up after yourself. E.W.

LEAVE NO TRACE: POOPING AT A FRIEND'S HOUSE

POOPING IS SOMETHING we'd all rather do in the safety and comfort of our own habitat, far from sounds of a little brother who's not even yours shouting, "Hey, did you fall in?" If you do find yourself in the position of

needing to poop while sleeping over at a friend's, however, there's always the tried-and-true method of waiting until every one else is asleep. But why not consider using the opportunity to make your hosts know how

much they've made you feel like part of the family? Try channeling their grandpa: Put on a rat-ry robe, grab a newspaper and gruffly announce you'll be gone for a while as you head into the bathroom. S.S.

UH, WHAT'S THAT NOISE?

IF YOU FIND yourself lying awake on the floor of your friend's bedroom at 3 a.m., quivering as you listen to eerie noises emanating from around the house, know this: What you're hearing is most likely harmless! Here are some terrifying-but-common nighttime friend's-house noises.

FARAWAY GRUNTS That reverberate down the hall, rising and falling in intensity: This is not the sound of a bloodthirsty beast locked in the attic. It's what your friend's dad sounds like when he snores.

A WHIRRING HUM that wakes you in the middle of the night, followed by an ominous clanging sound: Is it a wolf? A bear? Nope, someone just forgot to empty the change from their pockets before they put their pants in the washing machine.

THE FAINT SOUND of ominous music, the zapping sound of lasers, a soft glow peeking in under the bedroom door. Is an alien abduction imminent? Relax. It's just your friend's older sister sneaking in some late-night gaming. S.S.

SUPPLY KIT



YOUR OWN TOOTHPASTE Even the most normal-seeming family sometimes uses baking-soda toothpaste.



MATCHING PJAMAS for you and the family dog. Who doesn't love to feel part of something?



A NEWSPAPER to bury your nose in during any awkward moments of family tension. How 'bout those Mets?

Summer Handbook

5 THE GREAT INDOORS

COEXISTING WITH YOUR WORKING PARENTS

IF YOU FIND YOURSELF SPENDING TIME AT YOUR HOUSE ON WEEKDAYS THIS SUMMER, YOU MAY FIND YOURSELF IN THE PRESENCE OF A SPECIES YOU'VE NEVER BEFORE ENCOUNTERED IN THE WILD: THE WORKING-FROM-HOME PARENT.

DON'T DISTURB THE WILDLIFE

BETWEEN SEPTEMBER and June, the two species sharing your home — *Grownosapiens* and *Coolicus maximus*, commonly known as parents and kids — live in what might be described as a state of parasitic coexistence. During the weekdays, while you're at school, your parents toil, unseen, to provide you with necessities like shelter and Mini Brands. Nights and weekends, they lovingly prepare your sustenance, shower you with unlimited attention and shuttle you from one activity to another. They exist, it seems, entirely to make sure your needs are met.

But now? School's out. Camp doesn't start till next week. You're at home on a weekday, and your parents may be, too. At least, they look like your parents. But something's different... they're *working*. And that means that for once, they don't have time to cater to your every need. In order to keep the peace, you're going to have to fend for yourself.

While this new freedom is exciting, it's also a little daunting. Instead of running to your parents for every little thing, you have to think the way they do. To start, try literally taking a walk in their shoes. Do you feel like an old yet? Good. Because now you're going to have to feed yourself. Next on deck: laundry and some light gardening.

By the end of the day, you should be so exhausted that all you want to do is slip into a pair of cozy pajamas, take a long bath and sip chamomile tea while you catch up on your favorite true-crime shows. Reflect upon how much you ask of your parents and how little appreciation you show for all of it. You'll never bother them about anything, you think... until fall, obviously. S.S.



YOUR MOM'S in a Zoom meeting, but you realize that you left your phone in her bedroom-turned-office. You'll have to sneak past unnoticed. But how?

First, try the simplest solution. Hack into her work email, find the Zoom link, show up in the meeting with your video turned off and privately message her to slide the phone under the door. When that doesn't work, listen at the door for a particularly lively moment on the call, open the door a

crack, drop to your belly and barrel-roll over to your phone.

If that sounds too physically taxing, there's always the camouflage option: First, find the exact wallpaper your parents have in their bedroom. Then wrap yourself in it, and waltz right in to retrieve your phone. Will her co-workers notice that the walls are moving? Maybe. But they'll just think they're losing their minds, leaving you free to post your latest TikTok. S.S.

MASTER THE ART OF CAMOUFLAGE

FORAGE FOR FOOD

IT'S 3 P.M. and your stomach is growling. If it were Sunday, this would be about the time your dad would magically appear with pizza bagels. But today, a Wednesday, you can faintly hear him through the office door mumbling about "deliverables," whatever those are. If you want to eat, you're going to have to scavenge your kitchen. Here are three dishes you can throw together from ingredients you probably have hanging around. Are they lunch? Are they snacks? They're whatever you want them to be. You're in charge, remember?

SPRUCED-UP LEFTOVER NOODLES

In a small bowl, mix 2 tablespoons of peanut butter, 1 tablespoon soy sauce, 1 tablespoon honey or maple syrup and 1 tablespoon vinegar or lime juice until smooth. Taste and add more of whatever you want more of, and a pinch of red-pepper flakes if you like spice. If it's too thick, add a teaspoon or two of hot tap water. Toss with 2 cups of leftover cold or hot noodles. (Pretty much any kind will do.) Top with a handful of roasted peanuts if you've got 'em.

SWEET AND CHEESY TOAST

Spread 1-2 tablespoons of strawberry jam (or arrange a few sliced strawberries, drizzled with a little honey if they're not very sweet) on pita or naan. Top it with shredded or sliced mozzarella, then broil it in the toaster oven until melty.

PINEAPPLE-AND-CHEESE SANDWICH

Combine ¼ cup cream cheese with 3 tablespoons canned crushed pineapple (or finely chopped fresh pineapple) and ½-1 teaspoon granulated sugar, to taste. Spread on a piece of bread, and if you like, top with pepperoni or deli ham slices. Top with another piece of bread. Recipes by Margaux Laskey

SUPPLY KIT



MELONS with pictures of your parents' stern faces taped to them. Look at them any time you feel tempted to take a little too much advantage of your newfound freedom.



A DAILY PLANNER. You've got a heavy schedule of napping, reading, television-watching and gaming. Better make sure to budget your time accordingly if you want to pack it all in.

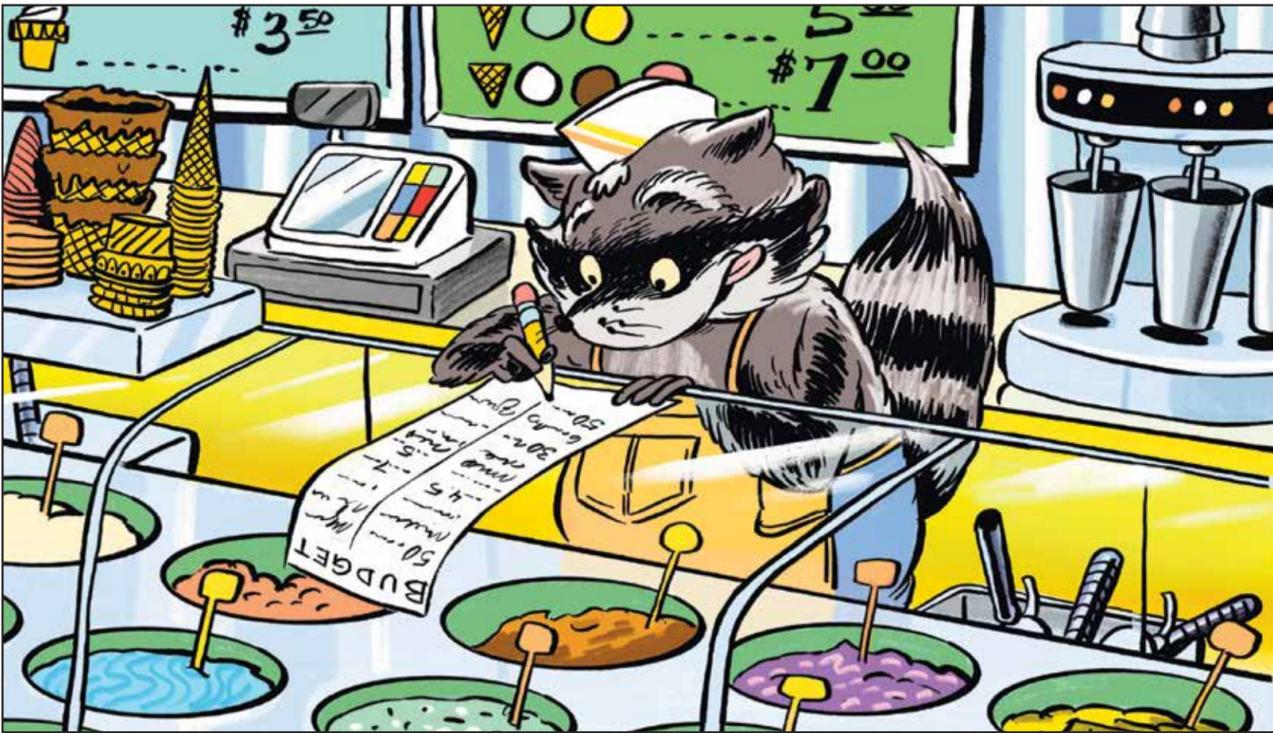


ASPRAY BOTTLE for keeping your little brother on task. With your parents occupied, you've got big shoes to fill.

6 THE OFFICE

WORKING YOUR FIRST SUMMER JOB

MAYBE YOU'RE FINALLY OLD ENOUGH TO START GETTING PAID TO SCOOP ICE CREAM FOR TOURISTS. OR MAYBE YOU'VE DECIDED TO TRANSFORM YOUR OCCASIONAL BABYSITTING GIGS INTO A FULL-TIME BUSINESS. WHATEVER THE CASE, SUMMER JOBS CAN BE A MIXED BAG. ON THE ONE HAND: MONEY! YOUR VERY OWN MONEY! ON THE OTHER HAND: IS WORK REALLY SUPPOSED TO BE THIS MUCH... WORK? HERE'S HOW TO MAKE IT ALL WORTHWHILE.



LEARN TO RATION

IT'S HARD TO RESIST blowing all your summer-job earnings as fast as they come in. Once again: Money! Your very own money! But if you can bring yourself to exercise just a tiny bit of self-restraint, you can make your summer financial windfall stretch until your next summer job. "Budgeting is basically having a plan," says Jen Hemphill, a financial counselor.

First, estimate how much money you're going

to make over the summer, and then make two columns on a sheet of paper: In the first, write a list of things you want to save up for in the next year — a new video game, a pair of shoes, gifts for your friends, tickets to the Harry Styles concert this fall — and in the second column, write down how much each thing costs.

Next, add it all up. Is the total smaller than what you'll make this summer? Great! You can save the

extra money or give yourself a monthly allowance for fun unplanned purchases (or both). If you're a little short, decide which purchases you could give up, or plot some ways to make more money.

And finally, to keep yourself on track, use a calendar to record when you buy things and how much money you have at the beginning and end of each month. You'll never wonder where all your money went again. C.L.

SUPPLY KIT



AN ACTUAL WATCH. The kind you wear on your wrist. It'll help you be on time, and as a bonus you'll always know how soon you can leave.



A LEATHER BRIEFCASE. You want to look professional, don't you?



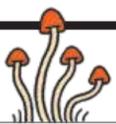
A BANK ACCOUNT. Open one before you even start your job, and then experience the magic known as direct deposit.

CAREFUL, THEY BITE: HOW TO DEAL WITH UNPLEASANT PEOPLE

IF YOU'RE working in a service job this summer, sooner or later you'll face an angry customer yelling at you for no good reason. The best way to handle those situations? "De-escalate as much as possible," says Mason Boykin, shift supervisor at a Starbucks in Jacksonville, Fla. Try to calm the customer down and apologize if you made a mistake. Then ask the customer how you can fix the situation for them. To avoid situations like this, try overcommunicating. "Ask as many questions as you have to," Boykin says. It'll make you less stressed, because you'll be sure of what the customer wants, and the customer will feel listened to.

And if customers become too hard to handle, ask your supervisor to deal with them. Sometimes when you're dealing with wild animals, the best thing you can do is search for an escape route. C.L.

THE END!



A LEVEL FIELD

ONLY ONE IN 10 BLACK KIDS PLAYS BASEBALL. ON THE NASHVILLE STARS, COACHES AND PLAYERS HOPE TO MAKE THE GAME MORE WELCOMING.

BY ANDREA WILLIAMS · PHOTOGRAPH BY TAYLOR BAUCOM



Members of the Nashville Stars, a 10-and-under baseball team committed to getting more Black kids into the game, at a tournament in April. Left to right: Cameron Hesselrode, Max Goetz, Austin Gordon, Donovan Davis, Brendon Hill and Aiden Sharp.

THERE'S A LOT

THAT 10-YEAR-OLD Austin Gordon likes about his baseball team, the Nashville Stars. For one, he gets to play second base, instead of the outfield. "I get a lot more action," he says. "It makes playing more fun." He has great coaches, who have played in college, the minor leagues and even Major League Baseball. They make the game fun while teaching him how to be a great player and teammate. Maybe even more important, those coaches have created a program where many of the kids and coaches are Black, like Austin.

According to a report by the Sports & Fitness Industry

Association, only 11.1 percent of Black kids in the United States ages 6 to 12 played baseball at least once in 2018. That's about one in every 10 kids. Even fewer played regularly. In the major leagues, the number of African American players is at its lowest since the 1950s. That's partly why Austin's coaches created his team in 2021. "It feels good," he says, to be a part of a team working to make a mostly white sport more diverse.

Even the Stars' name — taken from a semiprofessional Negro Leagues team that played in the mid-1900s — shows the team's commitment to diversity. Brendon Hill, 10, is one of Austin's teammates and knows the history: Black people had to form their own teams and leagues be-

cause they weren't allowed to play in the all-white major leagues from the 1880s until 1947, when Jackie Robinson took the field with the Brooklyn Dodgers.

Brendon also knows that today, 75 years later, there aren't very many Black American players in M.L.B. "It looks weird," Brendon says about the fact that only about 7 percent of current major leaguers are Black. It makes him think his road to the majors may be harder — but he believes the training he's getting with the Stars will help him get there. He's hopeful that he and Austin will change the whole game: "When we go to the major leagues, or college, they'll see that there should actually be a lot of Black people playing." ♦

HOW I BECAME A

CYCLIST



BY NELSON POWLESS

WHILE I WAS growing up in California, my parents, sister and I all did triathlon races, in which you run, swim and bike. I started when I was 4 or 5. I loved riding my bike, and I began racing mountain bikes when I was around 10. Then my older sister did cycling in college, went pro and raced abroad, and she would tell stories about the countries she got to visit. I was so envious. I wanted to do the same thing.

I went to community college and joined a cycling development team, which trains junior athletes to become professionals. My first year, I got offers to turn pro. I put college on the sideline and moved to Girona in Spain. I was 21, and it was my first time moving out of my parents' house. It was easy to go out and eat ice cream every night when I was on my own. I'd have to remind myself that. No, I'm a professional athlete. At the peak of training, we'd ride for seven hours per day — more than 100 miles.

In August 2020, when I was 23, I qualified for my first Tour de France, the most famous cycling race in the world. The race lasts for three weeks and zigzags all across France. There are around 25 teams, and each rides as a pack. When you're racing in a team, you use special strategies. For example, we let our strongest rider stay in the middle of the pack for most of the day, where it's easier to ride. Then, in the last 20 minutes or so, that rider breaks away and tries to push ahead to get into first place.

In my first year competing, I was ranked the ninth-best young rider, meaning an athlete under 26 years old. I was also the first Native American person to compete, which felt pretty special. Last year, I made it up to the seventh ranking. I'll try to do even better this year.

Every Tour, I have more confidence, but the course is always different. The unexpected is part of what makes it fun. *Interview by Lexi Pandell*

IN A PICKLE

HOLD THE KETCHUP! A NEW SPORT IS SWEEPING THE NATION.

BY SPENSER MESTEL · PHOTOGRAPHS BY MAGGIE SHANNON



Kids' doubles teams competing at the Junior Professional Pickleball Association Orange County Cup in San Clemente, Calif. Inset: Lucas Adair, 8, a tournament participant, with the ball used in the sport.



DILLBALL, FLAPJACK, falafel — no, you're not reading a menu. These are words players use while competing in one of the fastest-growing sports in the country: pickleball. If you have never heard of pickleball, think of it like tennis without the string rackets and rubber balls. Instead, pickleball players use small, rectangular paddles to hit a plastic Wiffle ball over a net.

It's much more fun than tennis, say Adrian, 14, and Daniel Suharjoto, 10, who live in the Seattle area and started playing pickleball in their garage during the pandemic. "In tennis, you

have to run a lot," Daniel says, "but in pickleball, not really." That's because players compete on a court that's only about half the size of a tennis court. With a smaller area, the game is quicker and the action more fast-paced, but there are surprising rules. For example, to avoid spikes, or players slamming the ball, any player within seven feet of the net must wait for the ball to bounce before hitting it. This rule, Adrian says, adds a "whole other level of difficulty" to the game.

More than 4.8 million Americans play pickleball, almost twice as many as five years ago, probably because it's easy to learn. The sport is also really competitive: There are pickleball

teams, leagues and international championships. Max Phelps, 12, wanted to learn pickleball because it looked a lot like table tennis, another sport he likes. He lives in New York, and his favorite part of pickleball is serving — when a player begins the point by hitting the ball from the baseline, or the lines at either end of the court. For him, competition isn't everything. Pickleball has become "a great way for me to connect with my friends and play with them," he says, "especially since we go to different schools now." One word all players should know? Pickle. You shout it out to warn other players before you serve. ♦

PICKLEBALL LINGO

ACE: A serve that is not returned

DILLBALL: A ball that has bounced once

FALAFEL: A weak shot or hit

FLAPJACK: A ball that must bounce before a player can hit it

KITCHEN: The seven feet on either side of the net where a player cannot hit the ball unless it has bounced

VOLLEY: When a player hits a ball before it bounces

VOLLEY LLAMA: When a player faults, or makes a mistake by hitting a ball from the kitchen before it has bounced

TINY STORY

76

The number of hot dogs the competitive eater Joey Chestnut ate in 10 minutes at the 2021 Nathan's Famous Hot Dog Eating Contest, which takes place every Fourth of July at Coney Island in New York. Chestnut has won the competition 14 times, and last year broke the record for most hot dogs eaten. He'll return again this year to see if he can outeat his competitors — and his own record.

Opinion



EVELYN HENAO, 10

School staff and parents should be on the lookout for bullying, instead of waiting for kids to report it. Sometimes kids don't want to talk to an adult because they think it might make the bullying worse. It can be very hard, and we need to pay attention to that.



PATRICK LAURENT, 10

In my opinion, schools should not ban hoodies. At my school you can wear a jacket, but you can't have the hood up. But there's nothing wrong with wearing a hood, and they help people stay comfortable and warm. Other schools don't have hoodie bans, and they're OK.



RILEY HAWKINS, 9

You may think sharks are scary and terrifying, but they are not that scary, and they should get the same amount of love as dolphins and turtles. Millions of sharks die each year because of humans. If you really think about it, humans are actually more dangerous to sharks than sharks are to humans.



SOMIYAH SUTTON, 10

I think college should be free for all kids who don't have money to pay for it. It's hard for people who want to get an education to get one if they don't have money. I want a master's degree because when I grow up, I want to own a business that helps people.



BRANTLEY GUFFORD, 10

Let students vote on what foods are served at lunch! Right now, lots of food is being thrown away because kids don't like it. And food is getting more expensive, so when it is wasted it is also a waste of money. If we got to vote on what to eat for lunch, I would probably vote for tacos.

SPEAK YOUR MIND

FOR THIS ISSUE of The New York Times for Kids, we traveled (virtually!) to Orlando, Fla., because a student there, Rebekah, asked us to visit her school. My colleague Lara Sorokanich and I talked to her class over video chat about the difference between a reported article and an opinion. Then we asked them to write their own opinions. They wrote about all kinds of subjects, including sharks, solar energy and why kids should be able to vote on school lunch. Here are short excerpts. *Molly Bennet*



LAIANA GRANSTON, 10

The custodial staff and cafeteria workers at school are not recognized enough for what they do. Teachers have teacher appreciation week, but the custodial staff and the cafeteria workers don't, and they work hard as well. I know this because my mom works in my school cafeteria, and I would love to see her be more appreciated for all that she does.



REBEKAH MCNARNEY, 10

Schools should teach astronomy. I want to be an astronaut, and I bet at least one other person reading this wants to become one, too. If astronomy were taught in middle school, maybe other kids would become astronauts along with me. Maybe one day we could even be on a space mission together!



TAARIQ BAXTER, 10

We should have one day a year when people all over the world meet up online to say hello and other nice uplifting things to one another. The top leaders of every country would encourage all their citizens to participate. The more love and encouragement in the world, the better off we would be.



CAMERON DONALDSON, 10

Homelessness is a big problem, but people can help by keeping food that won't spoil in their cars to give away, or donating their time to places like soup kitchens. I am really lucky to have what I do, so let's work together and give to those in need!



EMERY KLAPROTH, 10

We should stop using fossil fuels and use more solar energy to fight climate change. More people who are building homes should be installing solar panels, and we could also use bicycles and electric- or solar-powered vehicles. Fossil fuels affect the air, cause pollution and hurt animals.



KOURTNEY WILLIAMS, 10

Give kids more time for lunch. The 25 minutes we have doesn't give us enough time to eat, talk with our friends and relax while our food digests. We all feel very rushed.



ISABELLA HODGMAN, 10

Teachers deserve more appreciation. My mom is a middle-school teacher, so I know they do a lot, like giving support and providing snacks to kids who don't have one that day. Teachers always try their hardest to teach their students, but the students often don't try their hardest to learn from their teachers.



JAMARI VINCENT, 10

Let's help save sea turtles, because their lives are threatened by garbage and plastics that end up in the ocean. Stop using as much plastic, and participate in beach cleanup projects. Turtles deserve our help, since people have caused this problem to begin with.



LUCY LOFLIN, 10

Middle schools should have a free period during the school day so everyone can rest their brains and catch up with their friends. Middle-schoolers just need a break.

KARRIE ANN GUARNACCIA'S FOURTH-GRADE CLASS

LAKE SILVER ELEMENTARY
ORLANDO, FLA.

PHOTOGRAPHS BY
GILMAR SMITH

ILLUSTRATION BY
ALĒNA SKARINA

WHICH MOVIE SHOULD YOU SEE?

BY JOURDAIN SEARLES

IN CASE YOU HAVEN'T heard, meteorologists say this summer is going to be a scorcher. On those days when you're swimming in your own sweat and the sun feels like a laser beam pointed directly into your eyeballs, sometimes the most appealing option is to escape into a dark, frigid movie theater (or your dark, frigid living room). Here are three new releases for whatever mood you're in.

MARCEL THE SHELL WITH SHOES ON

(IN THEATERS NOW)

He's an extremely cute shell who wears shoes — what else do you need to know? OK, here's a little more: Marcel, who sports a single googly eye in addition to his shoes, is a curious, playful shell who lives in a house he shares with his grandmother. But their existence suddenly changes when a guy named Dean moves in and starts making viral videos about Marcel. The movie, which combines live action and stop-motion animation, is as strange as its title, but it's also heartwarming, touching on themes like loneliness and aging. Think of it as life lessons delivered in a cute, weird little package.

WATCH IT IF: You're in the mood to get up in your feelings.

MINIONS: THE RISE OF GRU

(IN THEATERS JULY 1)

In the fifth movie of the "Despicable Me" series, the weird yellow guys known as minions are back to bring a little chaotic energy to your summer. Like the 2015 film "Minions," "The Rise of Gru" is a prequel, telling the story of an 11-year-old Gru on a quest to become a real villain while also trying to keep his minions under control. The movie takes place in the 1970s and has a lot of fun with retro visuals and music, but don't let yourself get too distracted: There's a lot going on, and a lot of characters to keep track of, so make sure you pay attention so that you don't lose the plot.

WATCH IT IF: It's a billion degrees outside and you're in the mood for some mayhem.

THE SEA BEAST

(ON NETFLIX BEGINNING JULY 8)

All Maisie, an 11-year-old Black girl, wants to do is become a hunter of sea monsters, just like her swashbuckling heroes. So she stows away on their pirate ship as they set out on a dangerous mission to kill the most fearsome beast of all. But it's not long before Maisie is questioning everything she thought she knew about humans, monsters and what it actually means to be a hero. If the plot sounds like an old-fashioned high-seas adventure, it is — but thanks to its diverse cast and playful monster animation, the movie feels totally modern too.

WATCH IT IF: You're itching to set out on an adventure — as long as you don't have to leave the house. ♦

TINY STORY

21

The number of words Harini Logan, 14, spelled correctly in a tiebreaker to win the Scripps National Spelling Bee on June 2. For the first time in its nearly-100-year history, the contest came down to a 90-second spell-off between the last two competitors. The runner-up, Vikram Raju, 12, got (a still-impressive) 15.



ON THE ROAD WITH THE LINDA LINDAS

BY ALEXA DÍAZ



The punk band the Linda Lindas — Eloise Wong, 14; Mila de la Garza, 11; Bela Salazar, 17; and Lucia de la Garza, 15 — with doll versions of themselves during filming of their "Talking to Myself" music video in March.

'SHE'S RIGHT THERE!

SHE'S RIGHT THERE! shouted Daisy Solis, 10, when she first saw a member of the Linda Lindas. She was waiting in front of the stage at the Troubadour in Los Angeles to watch the all-girl punk band perform at a sold-out show in April. "The Linda Lindas are my favorite band this year," she said, wearing a signed T-shirt.

A short while later, Mila de la Garza, 11, took to the drums. The bassist, Eloise Wong, 14, snarled into the microphone. Lucia de la Garza, 15, and Bela Salazar, 17, jammed on their guitars and belted out lyrics. Fans of all ages, even adults, danced and cheered. The jam-packed room felt electric for all 17 songs, and at one moment, the

band asked everyone to just scream together: "We were just like, Oh, there's this space," Eloise told The New York Times for Kids. "Let's fill it with something fun."

The band has been part of the Los Angeles music scene for more than four years, but you may remember them from a viral video from last year, performing their hit song, "Racist, Sexist Boy." Since then, they've been superbusy: They signed a record deal; released their first album, "Growing Up!"; and played shows in Europe. Next, the group will go on its first U.S. tour with the indie group Japanese Breakfast, performing at festivals in Las Vegas and Japan.

It has been thrilling, hectic and a little overwhelming. Bela even had to skip her high school graduation for a performance in Spain. But the whole group is looking forward

to traveling the world. "One goal we have is to get boba in each place we travel to," Mila says.

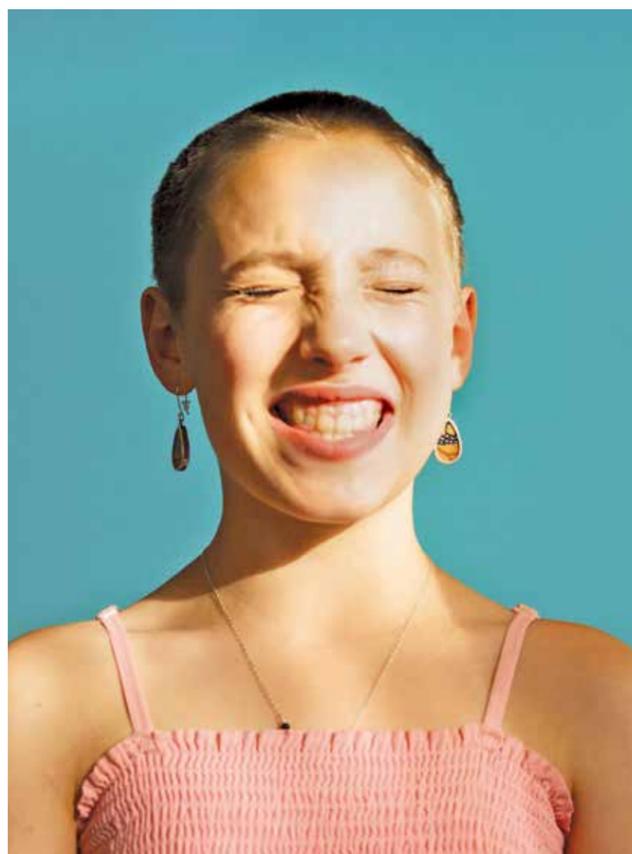
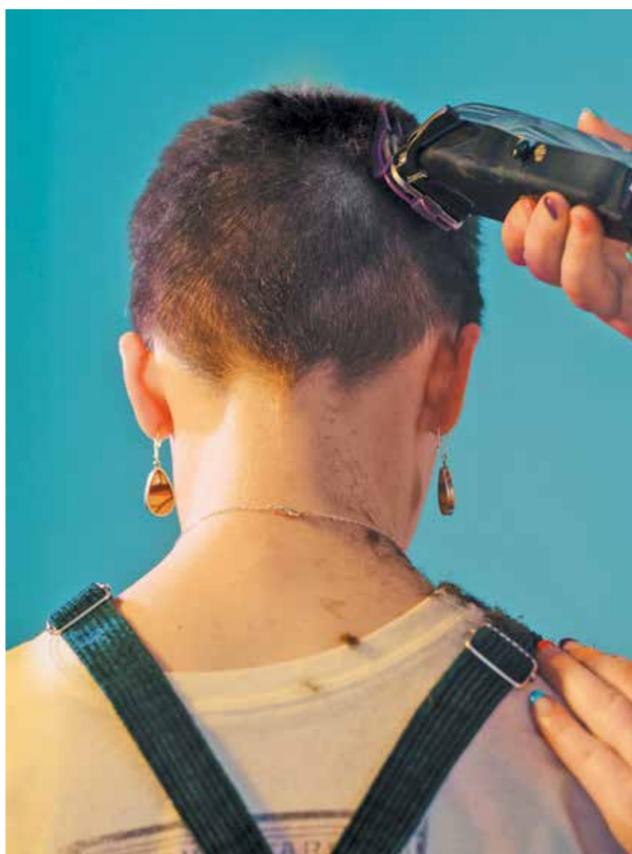
There are, of course, some harder parts too: "The interviews, photo shoots and music videos," Eloise says. "Trying to think of something to say and feeling like it has to be like a perfect answer is difficult sometimes." But they're also growing. When they first started out, they often asked their parents for feedback. Now "we are all starting to take more initiative in different parts of the band," Lucia says. After so many performances, they're also getting better at their instruments: "We can do more things now," Eloise says. "There's this freedom that comes with really knowing — or sort of knowing — what you're doing." ♦



THE BIG BUZZ

SHAVED HEADS ARE A COOL SUMMER TREND

BY KRISTEN BATEMAN · PHOTOGRAPHS BY DAMIEN MALONEY



Norah Bernier, 12, from Pacific Grove, Calif., says having short hair is easier for running around, but also makes her feel more like herself.

LOTS OF KIDS switch up their style for summer, trading buttoned-up school clothes for T-shirts, flip-flops and swimsuits. But for some, the blazing sun and school-free days are an opportunity for an even bigger change: cutting off their hair!

"I was originally going to get a pixie cut, but I decided to shave it instead," says Norah Bernier, 12, from Pacific Grove, Calif. She made her cut for both personal and practical reasons. For one, she doesn't have to tie her hair back anymore. And then there's just style. "It makes me feel happy," she says. "It's all fuzzy in the back, and it feels really nice to move my hands back and forth behind my head."

Halle Raaymaker, 14, from Calgary, Alberta, had been thinking about buzzing her head for a while. But it was a more personal

reason that ultimately inspired her to act: She donated her hair to charity to honor a friend with cancer. She doesn't regret the bold move one bit. "It's easy to maintain and makes sports and other activities easier," she says. "It's also a constant reminder of what I did, which is a good feeling."

Buzz cuts are a great way for people to express themselves, says the celebrity hairstylist Helen Reavey. Celebrities like Iris Law, Demi Lovato and Saweetie shaved their heads recently. And on fashion runways, models are wearing logos and flowers etched into their buzz cuts. Shaved heads are also part of a larger hair trend, Reavey says, in which people are trying lengths, colors and styles that are more gender-fluid. Norah says her cut made her think more about her own identity too. "It helps me re-

alize that sometimes I don't always feel like a girl," she says. Making the decision was "a little scary," but ultimately worth it because it "helps me show who I am."

And that might be the most important reason of all for the buzz cut (or any) trend: It helps people feel more like themselves.

DO IT YOURSELF

STEP 1: PREPARE YOUR HEAD First you need to exfoliate your scalp, which means removing dead skin. You can find products called exfoliants at the drugstore or beauty shop that will do this. They will prevent ingrown hairs (little red pimple-y bumps).

STEP 2: GRAB SOME CLIPPERS You'll want to use a good set of electric

clippers and ask a friend or parent to help get all the hard-to-reach hair at the back. Take your time and go slowly in the direction of the hair's natural growth. This will help avoid lines and make sure it's even. "Start with No. 3 guards to get rid of the bulk of hair," says Reavey, the hairstylist, "and then work your way down to a one or two depending on how short you want it. You can always take more off, but once you shave it off, it's gone!" Be sure to wash your head extra well after, to remove all the cut hair and prevent irritation.

STEP 3: ACCESSORIZE Have fun with hats and headbands. And use S.P.F.! "You want to protect the scalp, since it hasn't been exposed to the sun before like this," Reavey says. ♦

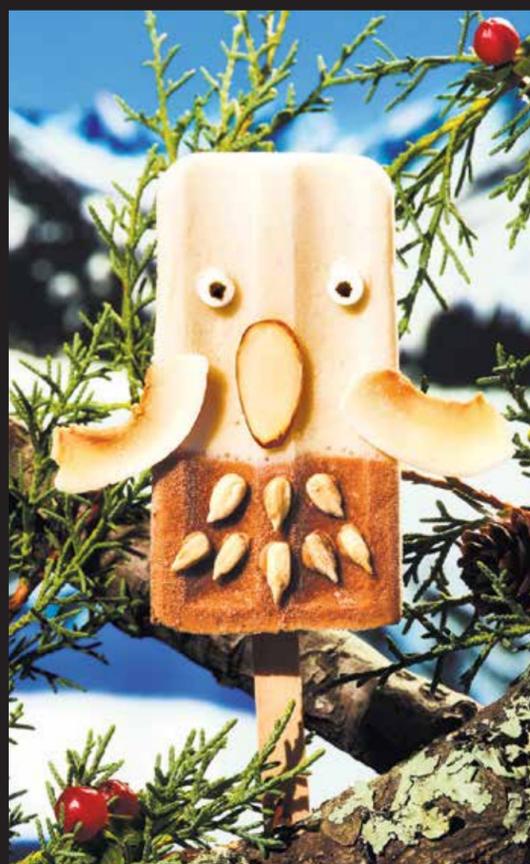


COLD + CUTE

PLEASE DON'T FEED THE ICE POPS

BY JODI LEVINE · PHOTOGRAPHS BY BOBBY DOHERTY

ON THE HOTTEST days of summer, there's nothing better than a nice, cold ice pop — in theory, anyway. In reality, they can be a little meh, more like a stick of barely-flavored ice that immediately melts into a watery mess all over your hands. But here's an idea: What if you could make ice pops yourself that actually tasted delicious? And what if they looked great, too? What if they were even ... cute? Below, you'll find instructions for making the bear pops on the bottom left and notes on how we made the other animals you see here. But these are really just suggestions to get your imagination going. Once you have the hang of the base recipes and the techniques, feel free to go wild.



BASE RECIPE OPTIONS

1. VANILLA-BANANA

In a blender, blend 2 bananas with 1½ cups of vanilla yogurt or milk until smooth.

2. FRUIT

Blend 1½ heaping cups of frozen or fresh fruit (like strawberries, mango chunks or raspberries) with 1 cup vanilla yogurt and 1 banana until smooth.

3. CHOCOLATE-PEANUT BUTTER

Blend 2 bananas with ½ cup peanut butter, 1 cup milk or vanilla yogurt and 2 tablespoons unsweetened cocoa powder until smooth.

YIELD: Each base recipe makes 6 pops.

BEAR POPS

1 batch vanilla-banana base (see recipe at left)
8 baby spinach leaves
Ice-pop molds and sticks
Toothpick

For the features: Mini Nilla wafers, almond slices, large black nonpareils (or mini chocolate chips)

1. SET aside about a tablespoon of the base to use as "glue" for your bear's face later on.

2. BLEND ⅓ of the vanilla-banana base with baby spinach leaves in a blender to make an additional green base. (You won't taste the spinach!)

3. POUR the green base into each ice-pop mold, filling each up about a third.

4. PUT the molds in the freezer, and freeze for one hour. (Note: Keep the vanilla-banana base refrigerated during this time.)

5. AFTER an hour, take the molds out of the freezer, give the vanilla-banana base a good stir and fill the molds the rest of the way up.

6. PUT the mold lids on and insert an ice-pop stick into the center of each mold.

7. PUT the molds back in the freezer and freeze for four hours or more, until fully solid.

8. UNMOLD your pops: Place a wax-paper-lined baking sheet in the freezer. Run the molds quickly under warm water, and as you remove each pop, place it in the freezer on the sheet.

9. DECORATE your pops: Line a second baking sheet with wax paper and place it on top of ice packs, if you have them. One at a time, take the pops out of the freezer, place them on the sheet and use dabs of the reserved base to

"glue" on the bear's facial features. (Use the toothpick to poke holes for the eyes and for the nose before adhering the nonpareils.) Return each finished pop to the sheet in the freezer.



10. LEAVE the pops in the freezer for a few minutes to freeze on the features. Then serve immediately!

YIELD: 6 pops

OTHER ANIMALS

OWL

Bases: Fruit base (raspberries); vanilla-banana base (halve the recipe)
Features: Banana chips, almond slices, pumpkin seeds
Note: To create stripes, layer on your bases, freezing for an hour between layers.

DEER

Bases: Chocolate-peanut butter; vanilla-banana (halve the recipe)
Features: Chocolate-covered pretzels, mini chocolate chips, almond slices

LEOPARD

Base: Fruit base (mango); stir in ¼ cup mini chocolate chips before pouring into the molds
Features: Mini marshmallows (cut in half, sticky side "glued" to pop); large black

nonpareils (for eyes); mini chocolate chips (for ears)

BALD EAGLE

Bases: Vanilla-banana; chocolate-peanut butter (halve the recipe)
Features: Sprinkle eyes, sliced almonds, toasted coconut flakes, sunflower seeds

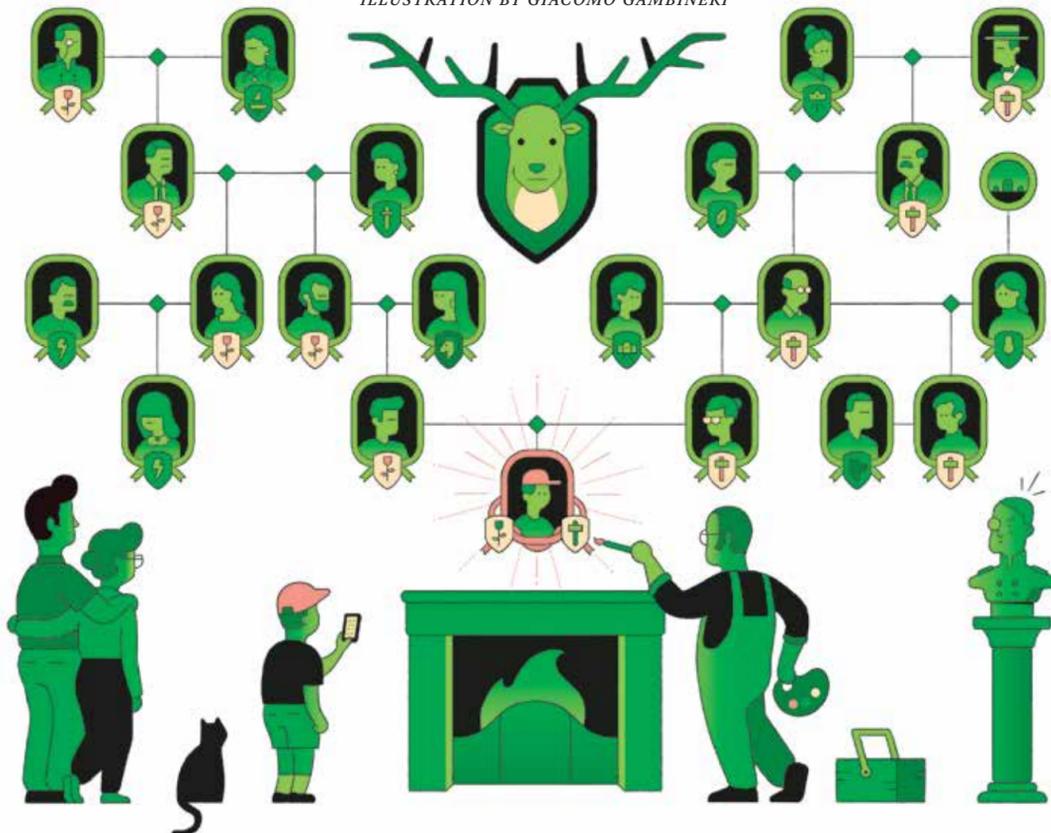
BUNNY

Base: Fruit base (strawberries)
Features: Nonpareils, sprinkles, marshmallows
Note: To make the bunny's white belly: Before filling the mold, cut a marshmallow in half and place one half ⅓ the way down into the mold, with the sticky cut side against the inside of the mold. Place the mold in the freezer on its side and freeze for an hour before filling with the strawberry base. ♦

International

IN ITALY, PARENTS CAN NOW PICK THEIR KIDS' LAST NAMES

BY GAIA PIANIGIANI
ILLUSTRATION BY GIACOMO GAMBINERI



WHERE DOES your last name come from? In the United States, some families all share the same last name. In other families, parents and kids, or kids and their siblings, may have different names. There are all sorts of combinations, and every family goes about it in its own way. But until recently, families in Italy didn't have that right. By Italian law, all children had to have their dad's name, except in specific cases.

Many people believed the law was unfair, especially to women. In April, courts in Italy agreed. "Both parents

should be able to share the choice of a surname, which is a fundamental element for one's personal identity," the court wrote. Now parents will be able to pick how to name their kids — whether they have their mom's name, their dad's or both.

One case was brought by a family from southern Italy, which had two teenage daughters who were raised only by their mom and had her last name. When their mom married and had a baby, the family couldn't all legally have the same last name.

The change is already being put into action: On May 31, Linda Coccoiolo Franchini was one of the first baby girls born in Italy to have her mother's last name first. Her father said they decided

on the name as a way to honor Linda's mom and to symbolize that both parents share equal rights.

WHAT'S IN A NAME?

In the United States, people typically have a first name, sometimes one or two middle names and a last name that they share with one or both of their parents. But around the world, there are many different ways people are named.

China, Japan and other Asian countries Family names (what we'd call "last names") usually come first and personal names ("first names") second.

Spain and Spanish-speaking countries People often have two last names, with

their dad's family name first and their mom's family name second.

Syria, Palestine, Jordan and other Arabic-speaking countries Many people in this part of the world are known by their first name followed by their dad and grandfather's first names.

Russia

Kids' middle names are usually a version of their dad's first name, with an *-ovich* or *-evich* ending for boys and an *-ovna* or *-evna* for girls.

Iceland and other Scandinavian countries A person's last name is usually their dad or mom's first name with an ending added to it: *-son* if they're a boy, *-dottir* if they're a girl and *-bur* if they're nonbinary. ♦

SUMMER VACATION AROUND THE WORLD

BY RACHEL CHANG • ILLUSTRATION BY VINCENT MAHÉ

THE FOURTH OF JULY, camping and swimming. Ice cream, s'mores and hot dogs. They all scream "summer break," at least to Americans. But each June, kids around the world also share that sweet, sweet freedom of summer. How do they spend their months off?



BELIZE

In Belize, a Central American country where summer temperatures are in the 80s, Demi Solano, 12, beats the heat at the ocean. "I enjoy jumping the waves and feeling the soft sand below my feet," she says. Her plans include a camping trip to Glover's Reef, an island made of coral where she'll be able to swim, snorkel and kayak. Summer is also time to eat fry jacks (a bread similar to a doughnut without the hole) with beans and fresh pineapple.

POLAND

Pola Fenske, 12, loves the freedom she'll have during her summer break, which she spends biking and swimming. In July, she'll go to scout camp for boys and girls. "We sleep in the woods in tents far from civilization," she says. There are about 30 scouts in each troop, and they spend their days playing outdoor games and working on community-service projects, like collecting necessities for Ukrainian refugees and sending holiday cards to those without families.

TAIWAN

Classes are actually a major part of summer life for Cathy Tseng, 14, who lives in Taiwan. She says that most students attend cram school — group tutoring in subjects like English, science and art. Even though she wishes she could relax during her break, she'll spend about eight hours a day prepping for an exam that she has to take next May before high school. She and her family do try to get some travel in, "because it allows me to broaden my knowledge," she says.

ARGENTINA

Benja Guerra Gaddi, 10, lives in Argentina, and will have a break in mid-July — his winter break! That's because in countries below the Equator, seasons are opposite: December through February is hot, and June through August is colder. Benja will spend his break hanging out with friends and playing indoors. He'll get a more familiar "summer break" in December, when the weather reaches the 90s. "In Argentina, you have Christmas and New Year's all in summer vacation," he says. ♦



3 THINGS TO KNOW ABOUT THE RUSSIA-UKRAINE WAR

BY ANTON TROIANOVSKI

1. RUSSIA AND UKRAINE ARE STILL FIGHTING — AND IT'S BECOMING ONE OF THE BIGGEST WARS IN RECENT HISTORY

Russia has been pummeling Ukraine with tanks, ships, guns, bombs and rockets for more than four months now. At the beginning of the war, in February, Russia tried to quickly capture Kyiv, the capital of Ukraine, but it failed because Ukrainians put up a much fiercer resistance than expected. Now Russia has changed its focus to capturing land in the east of Ukraine, closer to the Russian border. It has been a long fight, and Ukraine's president says that Russia has taken control of about one-fifth of Ukraine's land. The last time there was this much fighting in Europe was around 80 years ago, during World War II.

2. UKRAINIANS HAVE LOST A LOT, BUT ARE NOT GIVING UP

At least 4,000 civilians (regular people who aren't soldiers) have died in the conflict, and nearly 13 million Ukrainians have had to leave their homes. The Ukrainian city Mariupol has been almost entirely flattened by bombs and attacks. The president of Ukraine, Volodymyr Zelensky, is still in the country and has declared a draft, which means that Ukrainian men as old as 60 are not allowed to leave and may be required to join the military. Many of the people who live close to the fighting are living in basements to stay safe from bombs and missiles and have lost access to things like running water, stable electricity and even food.

3. THERE'S STILL NO END IN SIGHT

The United States and its allies in Europe are trying to pressure the Russian president, Vladimir Putin, to stop the war, but so far it hasn't worked. They are punishing Russia by limiting business and trade with the country, and are still sending weapons and aid to Ukraine.

Back in March, officials representing Ukraine and Russia were negotiating a possible deal to stop the war, but they were unsuccessful. Now there's no sign that Russia is ready to make peace. Instead, the country is hoping to take control of even more territory. President Biden says that the United States won't send American troops to fight Russia directly in Ukraine, but that it will keep supporting Ukraine with money and weapons. ♦

THIS SITUATION IS CHANGING QUICKLY. TO GET THE LATEST NEWS, VISIT NYTIMES.COM

SOLUTIONS

MINIPIZZLES

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EASY	MEDIUM	HARD
C O W	T A G	B E A C H
P A P A	A L O H A	E X T R A
P A P E R	B O N E S	S C O U T
O W E N	S T E A K	T E N S E
E N D	R D S	L E T