

# Kid's Korner

## Swimming Tips

National Geographic News Service

Experts offer ocean swimmers this advice about sharks:

1. Swim at beaches patrolled by lifeguards, and promptly leave the water when told.

2. Avoid swimming in murky water and at the mouths of freshwater rivers or other areas where edible garbage accumulates.

3. Don't swim alone. Sharks are more likely to avoid groups of people than individuals.

4. Don't enter the water from a boat or pier where sharks may be present by diving in or making undue noise. The sound may attract them or even trigger an attack.

5. Remember that from a shark's viewpoint, the silhouette of a surfer, or a diver in black wetsuit and fins, may resemble a seal. A brilliantly colored bathing suit may resemble tropical fish. Some experts warn against wearing bright metallic objects such as jewelry.

6. Avoid provocative behavior. Don't annoy sharks by pulling their tails, chasing, or trying to pet them. Sharks are often attracted to areas where divers are spearfishing. If you spear a fish, remove it from the water as soon as possible.

7. If you see a shark, leave the water immediately but without undue commotion. (The shark may think you're a wounded fish.) If possible, keep an eye on the

shark while departing. Be especially careful when leaving the water, when the shark isn't visible.

8. If a shark comes too close or attacks, firmly push it away, preferably with a stick or other blunt object. Use an arm or leg as a last resort. Try to avoid jabbing and wounding, which may only anger the shark.

9. If a shark bites, strike and gouge at its eyes and gills to persuade it to let go.

10. Start first aid immediately after being bitten. Most fatalities are caused by shock and loss of blood. If possible, try to control bleeding with an improvised tourniquet or pressure bandage even before leaving the water. Once on land, stay quiet and warm until help arrives.



A reef shark with an escort of barjacks rests on the bottom after a day on the prowl. The animal is a member of the requiem shark family, which includes many of the species most dangerous to humans. Reef sharks, which dwell along coastal areas, account for a high percentage of attacks on swimmers.

## Every One Can Be Active

Being active is important. And it's fun. Here are some active people who have set some amazing records.

### Talk about arm strength

■ Victor Cerda, Sol Lozano, Harry Little III, and Manuel Rodriguez twirled batons for over 5 days.

■ In 1984, Dan Marino of the Miami Dolphins gained a total of 5,084 yards passing a football.

### And what about those stomach muscles

■ William K. Chico Johnson was able to spin 81 hula hoops at one time. And none of these hoops were spinning around his arms, legs, or head. All 81 of them spun between his shoulders and hips.

■ Ashrita Furman did 7400 somersaults in a row. She rolled all the way from Boston to Lexington, Massachusetts. That's more than 12 miles.

### How about this for endurance

■ Guy Stewart of Ohio jumped 130,077 jumps on a pogo stick.

■ Fourteen students from the University of Seattle covered 602 miles playing leapfrog. That is about the distance from St. Louis to Pittsburgh.

### Or this for flexibility

■ Nadia Comaneci of Romania was the first gymnast to score a perfect 10 in the Olympics. She won a total of 5 gold medals.

### Tough to beat

■ What about all-around fitness? One of the top athletes has to be Babe Didrikson Zaharis. She was an all-American basketball player. She won an Olympic silver medal in the high jump. And she won Olympic gold medals for the javelin throw and for the hurdles. She won 19 golf championships. And she holds the woman's world record for the longest baseball throw - 296 feet.

### Set your own records

No one expects you to play NFL football or win 3 Olympic medals — yet. But you can have fun setting records in your own neighborhood.

■ What's the record for the shortest amount of time it takes to run around the block?

■ What's the record for the most jumps with a jump rope without missing?

■ What's the record for the most baskets in a row from the free-throw line?

You can create all kinds of contests. Keep track of the results. And see if you can set new records as you get more fit.

### How To Set Up A Par Trail

What's a par trail? It's a path with several stations. At each station you do a different activity. In some cities and towns there are par trails already set up. You can also make your own.

**Station 1** - Skip around the swing set. Run around the swing set. Hop around the swing set. Then jump on a swing and pump



50 times. When you're done, go on to Station 2.

**Station 2** - Skip rope 50 times on both feet. Skip 10 times on your right foot. Skip 10 times on your left foot. Then skip 50 more times on both feet. Move to Station 3.

**Station 3** - Shoot baskets until you make a total of 10 baskets. Each time you make a basket, whistle or cheer. If you have the energy, start over with Station 1.

Bauman's study was supported by the Cornell University Agricultural Experiment Station at Ithaca, the U.S. Department of Agriculture and Monsanto Agricultural Co.

ACTIVE-HAVE FUN



## Readers Write

Hi,  
My name is Anna Lantz. I am nine years old. My birthday was on July 4. My brothers have some pigeons and a pony named Star. We have three big cats and four kittens.

On the morning that I was born, a stray dog came to us and we still have him. We have a harness shop. I have two sisters and three brothers: Amos, 18; Rachel, 17; Aaron, 15; Aquilla, 12; and Fannie, 4.

Anna Lantz  
Lititz

Hi,  
I am Katie Miller. My parents' names are John and Linda Miller. My brothers' names are Daniel, 11; Alvin, 5. My sister's name is Mary, just about 2; Me, 9.

We milk 37 cows. We have 30 hens and we get two dozen eggs each day.

I give milk to one calf. I feed the horses. The horses' names are Jack, Jewel, Pet, Pearl, Polly, and Charlie. I like to mow yard and I don't like to wash dishes.

Katie Miller  
Lancaster

Hello,  
My name is Ruth Esh. My parents' names are Amos and Lydia Esh. I live on a dairy farm. I am eight years old. My birthday is on August 3, 1980. I go to Pine Grove School. My teacher's name is Sylvia Fisher. We have five little kittens. Their names are Frisky, Fany, Fancy, Fluffy, Francy. We have four drivers. They are Sparky, Skippy, Silver and Scotty. We have four mules and two work horses. We have two dogs. Their names are Betsy and Pearly. Betsy is 6 and Pearly is 9. I have three sisters and four brothers. They are Iky, 19; Anna, 18; Henry, 16; Samuel, 15; Salome, 13; Linda, 10; Ruth, 8; Amos Jr., 7. I like to read Kid's Korner.

Ruth Esh  
Strasburg

Hi,  
My name is Kelly Biehl. I have one brother, Bradley. I live on a dairy farm. I have two dogs. Their names are Patches and Princess. I enjoy playing soccer. I also like to swim and ride bike. Have a good summer.

Kelly Biehl  
Kutztown

HAY IS TAKEN TO THE BARN IN A WAGON.

