



# Planks a lot!



HEATHER MASON

**Kidsday plankers, from left, Jake Appel, Tyler Jacknowitz, Maeve Carey, Angel Sanchez, Alexis Laurence, Daniel DeLuca and Giavanna Gatterdam take the challenge.**

**BY JAKE APPEL AND DANIEL DELUCA**  
Kidsday Reporters

We decided to challenge our friends to see who could “plank” the longest. Planking is holding a position like a pushup, but with your elbows down.

Daniel was pretty sure he

had a good chance. Many other people agreed. Everybody thought they had a shot at winning — so we decided we would have a competition. Even one of our teachers was involved! (But she didn't win.) It was a lot of fun, but everyone got really serious when it came time to compete. The results are in!

Classmate Julianna Vasile-Cozzo got first with a time of 6 minutes, 27 seconds. Daniel came in second with a time of 6 minutes, 26 seconds.

Wow! We can't believe it was so close! Julianna waited until Daniel dropped, then she was done! Afterward, both Julianna and Daniel were tired and sore, but we had a blast.

# Poll: Sacrifice for a long summer?

**BY CHELSEA KOELLING, ALEXIS LAURENCE AND JULIANNA VASILE-COZZO**  
Kidsday Reporters

is what we found out:

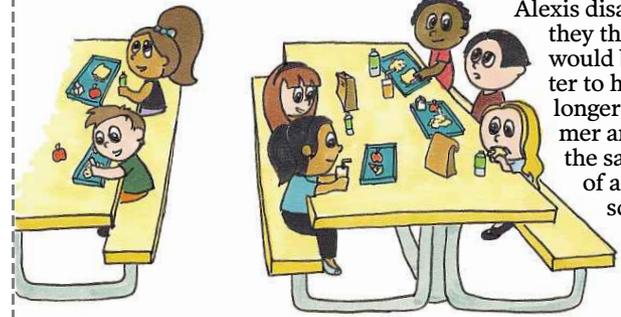
**Yes, a longer school day ..... 96**  
**No, the same school day..... 95**

We took a survey in lunch rooms. We asked if students would prefer to have a longer summer than we have now. Of course, there is a trade-off — the school day would have to be longer, so we are in school for the same number of hours. Here

We noticed that the results were nearly tied. That didn't surprise us, because we were pretty much tied as well!

Julianna said if she were asked the question, she would definitely think that it wasn't worth it to stay in school for even half an hour longer than she does now.

Chelsea and Alexis disagree — they think it would be better to have a longer summer and make the sacrifice of a longer school day. What do you think?



KIDSDAY STAFF ARTIST / LINGFEI ZHAO, SYOSSET

**CLASS OF THE WEEK** Sue Casey, Debbie Dombrowski, Heather Mason and Kerstin Murphy's seventh- and eighth-grade students, **JONAS E. SALK MIDDLE SCHOOL**, Levittown

# advice



**ASK AMY**  
Amy Dickinson

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**DEAR READERS:** I'm stepping away from the column this week to travel the country and meet readers on a book tour. This is an edited version of an essay I wrote a year ago. For the rest of the week, I will offer some “Best Of” columns.

I'm about to celebrate another anniversary of writing this column, and — after almost 15 years — I will admit that I have already outlasted my original expectation for this experience.

When I started writing this column, I was a middle-aged single mother with a teen daughter, living in Chicago. I am now married, with four more daughters and two granddaughters. Like all of you, my own life has taken many unexpected turns.

Several years ago, I left my Chicago Tribune office and moved back to my hometown of Freeville, N.Y. (population 505), to be with my elderly mother.

I entered a period of challenges that I was not prepared

for. I was plunged back into the universe of the town where I was born and raised on a dairy farm. After 17 years of being (mostly) happily single, I fell in love, and, after a whirlwind courtship, married a man I have known since I was 12. I became a stepmother, and then, quickly, a grandmother.

My two sisters and I struggled through the bewildering minefield of medical caregiving so that our mother could stay at home at the end of her life. Through it all, I have continued to do my job (as you do yours, during good and tough times).

Today my memoir covering these years of my life, “Strangers Tend to Tell Me Things: A Memoir of Love, Loss, and Coming Home” (Hachette) is published in paperback.

The constant and most inspiring through-line in this phase of late middle age has been the deep connection I share with my readers.

And so I have dedicated my memoir to the readers of the “Ask Amy” column. You have been generous with your own stories. You have trusted me, and have taught me so much. Thank you.

## DAILY BRIDGE CLUB | By Frank Stewart

East dealer. Both sides vulnerable.

**NORTH**

♠ Q 10 7 4  
♥ K J 9 5  
♦ Q 10 4  
♣ 7 5

**WEST**

♠ 8 6 5 3  
♥ 6  
♦ K J 7 6 3 2  
♣ 10 4

**EAST**

♠ A K J 9 2  
♥ 8 2  
♦ 9  
♣ A K 9 8 2

**SOUTH**

♠ None  
♥ A Q 10 7 4 3  
♦ A 8 5  
♣ Q J 6 3

East	South	West	North
1 ♣	1 ♥	Pass	2 ♥
2 ♠	3 ♥	3 ♠	4 ♥
4 ♠	5 ♥	Pass	Pass
Dbl	All Pass		

Opening lead — ♣ 10

Cy the Cynic had bowed to progress and had finally gotten a cellphone.

“It's about time,” Unlucky Louie told him. “Even my dog has one.”

“Your dog has a cellphone?” Cy snorted.

“He uses it all the time,” Louie said. “He even negotiated a plan himself — with rollover minutes.”

Cy was still groaning when he defended today's

five hearts as East — and he basically rolled over and played dead. When West led the 10 of clubs, Cy took the K-A and tried to cash a spade. South ruffed, drew trumps and pitched two diamonds from dummy on his Q-J of clubs. Making five.

**SECOND TRICK**

“It wouldn't help me to shift to a diamond at the second trick,” Cy shrugged. “Declarer would take the ace, and we still wouldn't get a diamond trick.”

Cy was right about that, but he could still beat the contract. At Trick Three he must lead a third club. When West ruffs South's jack, dummy overruffs, but South is deprived of one of his discards and must lose a diamond to West.

**DAILY QUESTION**

You hold:  
♠ A K J 9 2  
♥ 8 2  
♦ 9  
♣ A K 9 8 2

Today's East opened one club with this hand. Do you agree with that action?

**ANSWER:** I don't. A majority of experts used to open one club with such a hand to prepare an economical second bid of one spade if partner responded in a red suit. But times change. Now I think most experts would open one spade to get the major suit mentioned promptly and make it harder for the opponents to come in.