

GRAB A COAT AND GLOVES.

# IT'S THE ARCTIC GAMES!

BY HELEN I. HWANG



Myra Kendi, 16, won the gold medal in snow snake at the last Arctic Winter Games, throwing her stick 169 feet. That's longer than an Olympic swimming pool!

**IN THE ARCTIC CIRCLE**, even everyday activities can be dangerous. Especially in the past, freezing cold temperatures made going outside, finding food and building shelter difficult. So to make sure kids stayed safe, Arctic Native communities created games and sports that also taught important survival skills.

Those games are still taught to many Indigenous kids today. And at the Arctic Winter Games, they get to show off their abilities. It's a weeklong competition that happens every two years. This year, it starts March 10, outside Anchorage. More than 2,000 young people will compete on teams that represent their communities — there's Team Alaska, Team Yukon, Team Sapmi and more. They'll play both Indigenous games and modern sports (like hockey and curling).

## KNEEL JUMP

→ **HOW IT WORKS:** Six years ago, Daniel Rodgers, 14, watched a demonstration of the kneel jump. "I wanted to do it myself," he says. To start, the athlete takes a kneeling position, with toes pointing back. From there, he jumps as far as he can and lands on both feet. The farthest leap wins.

→ **WHAT IT TEACHES:** In the Arctic, a lot of life happens on ice. Sometimes, it breaks, causing big chunks to float away. The kneel jump teaches kids how to leap to safety.

## STICK PULL

→ **HOW IT WORKS:** In stick pull, two people grab opposite ends of a foot-long greased stick. The goal is to pull it out of the opponent's hands.

→ **WHAT IT TEACHES:** Stick pull helps kids develop grip strength — to grab slippery fish from a river. "At Native camp, we practiced catching fish in the creek during salmon spawning," says Willow Tiedeman, 15. She's competing alongside her twin sister, Taylor, in this year's games.

## SNOW SNAKE

→ **HOW IT WORKS:** "It's fun to throw sticks," says Myra Kendi, 16, who won gold at the last Arctic Games. Players hurl a 4-foot-6-inch stick down a snow-packed track. The winner is the person who throws their stick the longest distance.

→ **WHAT IT TEACHES:** Snow snake helps train kids to throw spears farther distances, and learn better aim.

## TWO-FOOT HIGH KICK

→ **HOW IT WORKS:** In this game, an athlete jumps up, kicking both feet up to hit a small, hanging fur target. "It's a full-body workout," says Staxx Van Kirk, 13, who will be competing for Team Alaska. "I use adrenaline to hype myself up." At the start of the competition, the target dangles about six feet above the ground. It is raised after each round. Whoever kicks the highest wins.

→ **WHAT IT TEACHES:** On the flat land of the Arctic, people can see for miles — but the wind makes it hard to hear. When a hunter found a meal and was returning with his catch, he would leap high in the air to signal that food was on the way. Then, others could start building a fire. ♦

"All the News That's Fit to Print"

# The New York Times

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THE WEATHER  
Rain and high-elevation snow will begin in the Northwest today. Travel may become difficult. Mostly dry conditions across rest of the nation. Weather map appears on Page 28.  
\$6.00  
Price in Canada may be higher

**NEW SHIELD LAW ALLOWING W ABORTION**

**Army of Trolls Hounds Haley Online and Off**

**Nearly Constant Battle in Trump's Name**

By JAZMINE ULLOA and KEN BENSINGER  
Social media posts depicting her as Shiva, the deity of destruction, others that misleadingly depict her as a deity of deepfake technology to abduct voters. And so on, that direct virality at her legs student.  
For most of her campaign, Nikki Haley and former governor and husband, Donald Trump, were on the same page.

**Kin in Ukraine Wait Tearfully For P.O.W. Son**

Kateryna Hrebiniyk wears a dog tag with an image of her brother, Serhiy Hrebiniyk, a Ukrainian sailor taken prisoner in April.

**Predators Leer as Moms Put Girls on Instagram**

By JENNIFER VALENTINO-DAVRIES and MICHAEL H. KELLER  
The ominous messages began arriving in Elissa's inbox early last year.  
"You sell pics of your underage daughter to pedophiles," read one.  
"You're such a sick as us pedophiles," read another. "I will make your life hell for you and your daughter."  
Elissa has been running her daughter's Instagram account since 2020, when the girl was 11 and too young to have her own. Photos show a bright, bubbly girl modeling evening dresses, high-end workout gear and dance leotards. She has more than 180,000 followers, some so enthusiastic about her posts that they pay \$9.99 a month for more photos.

This box represents a real photo of a 9-year-old girl in a golden lounge on a towel. The photo is posted on her Instagram account, which is run by adults.

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FROM THE NEW YORK TIMES MAGAZINE

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

# The New York Times

For Kids

## ALL ABOARD!

NEXT STOP: THE SUPERFAST TRAINS OF THE FUTURE

WHOLE MILK RETURNS TO YOUR CAFETERIA, PAGE 9 • WHO, ME? HOW TO DODGE ANY QUESTION, PAGE 5 • THE SCOOP ON SEPHORA KIDS, PAGE 5 • MEET A HIGH-FLYING HUMAN CANNONBALL! PAGE 4 • COUNTDOWN TO A PRESIDENTIAL ELECTION, PAGE 3

ILLUSTRATION BY TAVIS COBURN