TRY A FUN AND EASY YO-YO TRICK

To see science in action, learn a simple trick with a yo-yo. This classic toy consists of an axle attached to two discs and a string looped around the axle. Follow these steps to do a move called the gravity pull.

1. Get ready. Wind the string up all the way around the axle. Place the loop at the end of the string over your middle finger. Hold the yo-yo in your hand with your palm facing up. The string should go over the top of the yo-yo, not underneath it.

2. Snap it. Bend your lower arm toward your shoulder as if you are flexing your muscle. Now snap your arm straight out. Gravity (the natural force that causes things to fall toward the Earth) will cause the yo-yo to spin toward the ground.

3. Bring it back. When the yo-yo hits the end of the string, quickly flip your hand over so your palm faces down. Then flick your wrist upward. The spinning yo-yo will wind back up and return to your palm.

Bake a batch of flaky biscuits

**Ingredients**
- 3 cups all-purpose flour, plus more for dusting
- 1 tsp. kosher salt
- 2½ tsp. baking powder
- ½ tsp. baking soda
- 1½ tsp. sugar
- 9 Tbsp. cold unsalted butter
- 1 cup buttermilk
- Jam, for serving

**Instructions**

1. Heat the oven to 400°F. Stir together the flour, salt, baking powder, baking soda, and sugar in a large bowl. Dice 8 tablespoons of the butter into small cubes, then use a pastry cutter to cut them into the flour mixture until it resembles coarse sand.

   **Tip:** If you don’t have a pastry cutter, you can also blend the butter into the flour by cutting it in a crisscross motion with two butter knives.

2. Drizzle the buttermilk over the flour mixture. Use a wooden spoon to stir it together until it forms a rough dough. Do not knead.

3. Pat the dough into a ½-inch-thick rectangle. Use a butter knife to cut it into three equal pieces, then stack them like a tower and shape into a rectangle. Pat the dough into a ½-inch-thick rectangle once more.

4. Use a 3-inch round cookie cutter to cut dough into biscuits. Gather and reroll dough. Put biscuits on a baking sheet lined with parchment paper.

5. Melt the remaining 1 tablespoon butter and brush it onto biscuits. Bake biscuits until golden brown on the top and bottom, about 15 to 20 minutes, rotating pan halfway through. Serve with jam. Makes about 10 biscuits.

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**ECO TIP OF THE WEEK**

CONSIDER USING CLOTH NAPKINS

Using cloth napkins instead of paper ones is a simple way to help the environment and save trees. Paper products are made from trees that have been cut down and ground up. Paper factories also cause air and water pollution. And since dirty paper napkins contain grease, they can’t be recycled, which means they’ll end up in landfills. Americans use about 3.8 million tons of paper napkins, paper towels, and other kinds of tissue each year. Ask your parents about buying inexpensive cloth napkins instead. Cloth napkins are eco-friendly because you can wash and reuse them for many years. This also saves money in the long run.

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May 7, 2021 • The Week Junior