

Noah's March

An 11-year-old finishes a walk across America for an important cause.

Last January, Noah Barnes went for a walk—and it didn't end until almost a year later! He walked 4,240 miles, crossing the United States. The 11-year-old is the youngest person ever to have walked across the country.

Noah wasn't trying to set a record, though. He was walking to raise money for a cure for type 1 diabetes. This disease prevents Noah's body from making enough insulin, which controls the level of sugar in the blood. Without proper treatment, type 1 diabetes can lead to heart and nerve problems, and it can even be life-threatening.

Noah is among the more than 1 million Americans who have type 1 diabetes. Living with the disease can be a struggle. Noah

Word to Know

motivation *noun.* a reason for doing something



has to test his blood-sugar level up to 10 times a day, which involves pricking his finger every time. He also has to get daily insulin shots.

Noah started his walk on January 1, 2017, in Key West, Florida. His parents set up a website called Noah's March, where people could track his progress and donate money for diabetes research.

Each day, Noah and his dad walked about 17 miles while his mom and two younger siblings rode along in the family's SUV. At night, they stayed at camp sites and hotels or with friends. Noah's mom homeschooled him and his brother along the way. Noah finally finished his

trek in Blaine, Washington, on December 9. He says the cross-country journey was worth it. Noah's March has raised more than \$30,000.

"There were a couple of times I wanted to give up," he says. "But I got my **motivation** from not wanting to take shots anymore."

Walking for a Cure



Will You Be Mine?

On Valentine's Day, many people try to win over a new sweetheart with gifts. Some male dolphins use a similar strategy, according to a study released in November. But instead of chocolate or flowers, they give sea sponges.

Scientists spent 10 years studying Australian humpback dolphins. They observed male dolphins diving down and plucking sea sponges from the ocean floor. The dolphins would then bring the sponges to the surface and present them to females. Experts think this behavior is the males' attempt to impress potential mates.

