

Level 5.5

Being a Blood Donor

1. Generous means willing and happy to give to others.
2. Blood donors must be at least 17 years old.
3. More than 40,000 pints of blood are used daily in the United States.
4. C. – To take out or remove.
5. 90% (9 out of 10) of us will need blood sometime in our lives.
6. People can donate blood every 56 days.
7. The average adult has between 8 and 12 pints of blood.

Being a Role Model
for Your Child

1. Children want to imitate their parent or be like their parent.
2. It is important for parents to be good role models because children look up to parents and imitate what parents do and say. Parents are a child's first role model and first teacher.
3. Imitate means to copy someone's actions or words.
4. Demonstrate means to show by doing.
5. A role model is a person you look up to, a person you want to be like.
6. If a parent makes a mistake, they should admit their mistake and try to do better.
7. Curious means eager or excited to learn.

Better Gas Mileage

1. Frank's cash flow decreased because of high gas prices – they caused him to spend more than he had planned to spend.
2. Idle means to run the car motor/engine without it being in gear.
3. Frank used *Google*.
4. Replacing clogged air filters appeared to have the greatest benefit – can increase mileage up to ten percent.
5. Frank did not opt to purchase a hybrid or electric car because he did not have enough money, and his current car is still in good shape.
6. Driving tips for better gas mileage include: driving 60 mph or less/driving the posted speed limit, turning off the car instead of idling, hauling less than 100 pounds in the trunk. Maintenance tips for better gas mileage include: keeping tires properly inflated and aligned, replacing air filters when needed, regular tune-ups.
7. Frank found the helpful tips at the Federal Trade Commission's Consumer Alert webpage – "Good, Better, Best: How to Improve Gas Mileage."

Dark Days, Dark Mood

1. SAD is seasonal affective disorder.
2. Symptoms of SAD are: depression, fatigue or loss of energy, overeating, lack of sex drive, anxiety, and difficulty concentrating or processing information, all related to seasonal variations of light.
3. The cause of SAD is related to seasonal variations of light. SAD sufferers' inner clocks fall out of step with the changes of seasonal sunlight patterns. Melatonin has also been linked to SAD. When the days get shorter and darker, more of this sleep related hormone that causes symptoms of depression is produced.
4. Cope means to manage or deal with a difficult situation in a successful way.
5. Young people between ages 18 and 30 and women are at the greatest risk for SAD.
6. The winter blues are a milder form of SAD that affects 25% of people who live in northern states.
7. A person can improve his/her mood by staying warm and healthy in the dark, cold fall and winter months by dressing in warm clothing, eating good foods and getting daily exercise. A change in one's environment can also help. Let natural light shine in your home and/or workplace, paint walls a brighter color, and install brighter lights.

Dealing with Grief

1. Some of the symptoms of grief and depression are very similar: trouble sleeping or a change in sleep patterns; changes in eating patterns – weight loss or weight gain; difficulty remembering things – feeling absent-minded; withdrawing and/or losing interest in one's work or activities.
2. Depression is more than a feeling of grief; it is a whole body disorder. Depression persists over a longer period of time with no lift in mood.
3. Grief is a normal response to sorrow and confusion that comes from losing someone or something important to you.
4. A person may experience grief after the death of a loved one or the loss of a job. Grief is also a typical reaction to divorce, loss of good health due to an illness, or a move away from family and friends.
5. The grieving process is over only when a person completes the four-step grieving process.
6. Grieving people may become angrier at situations, people, and life in general. They often sleep less and eat less. They may become absent-minded – easily forget things, withdraw socially, or lack the desire to return to work or participate in other activities.
7. Persist means to go on for a long time; to continue.

Easter

1. Imaginary means existing only in the imagination; not real.
2. Christians believe Jesus Christ rose from the dead on Easter Sunday.
3. Eggs, rabbits, the cross, and the Easter bunny are all symbols of Easter.
4. Easter is both a religious holiday and a non-religious holiday. Easter began as a celebration of spring. It has evolved into a celebration of both the rebirth of Christ and the re-birth of spring.
5. Raise means to awaken from sleep or death.
6. The earliest Easter would be on Sunday, March 22 (the first Sunday after the full moon on or after March 21).
7. Christians believe Jesus Christ died on Good Friday, two days before Easter Sunday.

Gift Cards for the Holidays

1. An expiration date is the date something comes to end, or can no longer be used. This is an important date to know so that the gift card is not wasted.
2. Gift cards are a good choice for shoppers because they are quick and easy to get. They are available in almost any store. Plus, the recipients can choose what they want – they won't need to hassle with returning anything.
3. Yes, gift cards are popular. In 2004, gift card purchases totaled \$17 billion.
4. Four things to consider before purchasing a gift card for someone are: fees – if the gift card has any, expiration date, a lost or stolen policy, and where the card can be used.
5. A consumer is someone who buys goods or services.
6. Fees that may be applied to gift cards include: monthly maintenance fee – a service or administrative charge that is deducted from the gift card balance once a month; inactivity fee – a fee that is deducted from the gift card balance if the card is not used within a specific period of time; balance inquiry fee – a fee deducted from the gift card balance for finding out the amount of money on card.
7. The word balance means the amount of money in an account, or in this case, on a gift card.

Good Study Habits

1. If you want to help your child develop good study habits, help them get organized.
2. Yes, these tips can be used to help adult students who want to develop good study habits.
3. Distract means to take attention away from what you are doing.
4. Things you can do to help your child get organized to study are: set a time to study, set a place to study, gather the supplies your child needs to study, make a list of

what needs to be done, eliminate distractions, and help your child find her own working style.

5. Exclusively means used for only one thing.
6. Things that might distract a child from studying are: TV, radio, or other loud things.
7. Have your child make a list so he knows what needs to be done.

Harriet Tubman

1. The Underground Railroad was a movement that helped runaway slaves with food and safe shelter as they journeyed north to freedom.
2. Harriet Tubman escaped slavery at 30 years of age.
3. Prevent means to stop from happening.
4. Harriet's nickname was Moses because she led many people out of slavery, just like Moses did in biblical times.
5. Harriet was said to have a "rebellious spirit" because she challenged authority. She blocked a doorway to prevent an overseer from catching a slave who was trying to escape.
6. Harriet led more than 300 slaves to freedom.
7. The "Union cause" was freedom from slavery.
8. Enraged means very angry; filled with rage.

Heat Stroke

1. Symptoms of heat stroke can include: throbbing headache; red, hot, dry skin with no sweating; fast, strong pulse; dizziness; confusion.
2. Serious means important, and in this case, dangerous.
3. You should never leave children in a parked car, especially on very hot days.
4. A vomiting heat stroke victim should be turned on his/her side to make sure the airway remains open.
5. A victim is a person who is suffering or is injured.
6. Heat stroke is a serious heat related illness caused by a rapid rise in body temperature and failed sweating mechanism, which results in a body that is unable to cool itself.
7. Heat stroke can be prevented by: drinking lots of fluids (even when one doesn't feel thirsty); avoiding hot foods and heavy meals; limiting sun exposure during mid-day hours; wearing cool, loose clothing; using a hat to shade one's face and head; staying cool and using common sense.

Let's Get Healthy!

1. Junk foods are foods that have a lot of fat, salt or sugar.
2. Some forms of exercise are: walking, jogging, bicycling, weight lifting, working-out at a gym or health club, and playing basketball or tennis.
3. Drink 6 to 8 glasses of water every day.

4. Drinking too much alcohol can damage your liver and other parts of your body. It can also hurt your family relationships.
5. Damage means to harm or injure – to make less useful or valuable.
6. Smoking causes lung cancer and other diseases.
7. Milk builds strong bones.
8. It is illegal to smoke on airplanes (flights less than 4 hours), many restaurants, and other public places.

Looking for a Job

1. He looked for job openings in the Classifieds section of the newspaper.
2. The meat department had an opening.
3. He would work from 4 to 9 p.m.
4. Mature and responsible means having the ability to make good decisions and solve problems; expected to take care take care of specific duties.
5. A delivery job is available.
6. He showered and washed his hair. He dressed in clean, appropriate clothing.
7. He smiled, spoke with kindness, gave the manager a firm handshake, looked at the manager when talking, and thanked the manager.

Martin Luther King, Jr. Day

1. People remember Martin Luther King, Jr. They listen to speeches about his dream of equal rights. Students study about him in school.
2. Black people could not use the same restrooms or water fountains as white people. Black people had to sit in the backs of buses. Many restaurants would not serve food to Black people.
3. A martyr is a person who is killed because of his/her beliefs.
4. Dr. King received the Nobel Prize because he taught and modeled peace; he made great change through peaceful means.
5. Martin Luther King's birthday is in January.
6. He talked with community and government leaders, and gave speeches and led demonstrations about equal rights.
7. Dr. King was a minister.

Mother's Day and Father's Day

1. Mother's Day is in the spring.
2. Relax means to rest without work or worry.
3. There are special holidays for mothers and fathers because they work so hard and love so much!
4. Mother's Day became a holiday 58 years before Father's Day became a holiday.
5. Father's Day is the third Sunday in June.
6. Honor means to show respect or admiration for.
7. The president has the power to make U.S. holidays.

A Piece of My Life

1. The author got help from Project Turnabout.
2. Because of the author's drug and alcohol use, she has spent time in jail and treatment centers, and has suffered two overdoses.
3. An intention is a plan or purpose, something that a person aims to do or accomplish.
4. An addict is a person, such as the author, who is unable to control her need for something harmful; which in the author's case was drugs and alcohol.
5. We're not sure exactly sure when she started using, but she mentions using drugs and alcohol for seven years. So, since she is now 25, we can estimate that she starting using drugs and alcohol around the age of 22.
6. Answers may vary. – The author appears hopeful, grateful and optimistic.
7. For her, the key to sobriety was recognizing her role in it. She says, "I now know that I'm the one who needs to do the work to be successful in my sobriety."
8. Aspire means to want very much to reach a certain goal.

Raising Kind and Caring Children

1. If you see your children being kind to someone, praise them or encourage them.
2. All adults are responsible for encouraging kindness and caring in children.
3. Develop means to build up, to improve.
4. You could wash and bring extra garden vegetables to the local food shelf.
5. Pleasant means nice, pleasing, and/or enjoyable.
6. To develop kindness and caring in a child: set a good example; tell or explain to them how important it is; praise them and thank them.
7. "Makes a difference" means that others will be affected by your kindness and caring; your community and school will be a better place to live.

A Safe Grilling Season

1. The two types of grills discussed in this article are gas grills and charcoal grills.
2. Heat source is the biggest difference between the two grills - charcoal grills use charcoal as the heat source, whereas gas grills use liquid petroleum. The grill itself is also different - gas grills have hoses and a tank for the gas; charcoal grills do not. Both types of grills should never be used indoors. They both give off deadly gases.
3. Flammable means able to produce flames or a fire easily.
4. Burning charcoal produces carbon monoxide.
5. Carbon monoxide is colorless, odorless and deadly.
6. Grilling season is in the late spring and throughout the summer – when warmer temperatures are present.
7. Leaks can be detected by your nose – if you smell gas, you probably have a leak. They can also be detected by

applying a soapy solution at the gas grill connection points. If bubbles appear when the gas supply valve is open, there is a leak.

Safety in the Workplace

1. Fire extinguishers can be found at every exit and in the lunchroom.
2. Talk to your supervisor if you do not understand the safety rules.
3. Safety rules are posted in the lunchroom, bathrooms, locker rooms, and work areas.
4. Workers need to wear earplugs and safety glasses.
5. First-aid kits are located next to the main stairway on all floors.
6. Students need to draw their own conclusions for this question... some possible ideas include: if someone cuts their finger, if someone falls and gets hurt, is someone gets material in their eye.
7. Keep all exits clear; Keep doors unlocked; or, Do not place boxes or trash in front of doors.

Truancy

1. The following things encourage school attendance: insisting that your teen goes to school every day; talking to your child about school; asking how you can help; discussing your concerns with your child's teachers; asking for referrals if necessary; asking the school to call you immediately if your child is absent without a valid excuse; checking with your child's teacher to find out how things are going for your child; getting to know your child's friends and their families.
2. Strategies are ideas, or things to help.
3. Valid reasons for missing school include: illness, death of a family member, doctor appointments, and religious holidays.
4. One of the most important things families can do to help their children succeed is to make sure their children attend school regularly.
5. Negative means not good, bad.
6. Examples of unexcused absences are: staying home to take care of siblings; missing the school bus; making doctor appointments that could have been scheduled for after regular school hours; refusing to go to school; skipping school for the day or for a class period; working at a job.
7. Students are considered truant if they miss school or class for seven days.

Why Stop Smoking?

1. She stopped smoking indoors because she knew that second hand smoke was not good for her children.
2. The author of the information was the American Cancer Society.
3. A benefit is something good; something that enhances one's well-being.
4. Pam started smoking sometime before age 17 (42 – 25).
5. Extra benefits Pam has experienced since quitting smoking are: she has fresher breath and whiter teeth; and she feels more in control of her life - she doesn't have to worry about where or when she can have a cigarette.
6. Tobacco damages the nerve endings that affect the senses of taste and smell.
7. Answers will vary.
8. Pam stopped smoking because she wanted to rid her body of the harmful effects of tobacco. She wanted her body to begin its rapid transformation toward a healthier state.