

Level 6.0

ATVs and Children

1. The children died from either asphyxia or multiple traumas that resulted from ATV accidents.
2. The victims were ages 3, 10, 11, 12, and 14.
3. The ATV ended up on top of all of the victims. A hill was mentioned in some of the fatalities – ATV driver was attempting to drive up a hill or jump a hill. The deaths appeared to have happened quickly – no CPR or emergency treatments were successful.
4. The American Academy of Pediatrics recommends that no child under age 16 ride an ATV of any size.
5. A trauma is a serious injury to the body.
6. The number of deaths and injuries involving ATVs is a concern – 30% of the 136, 700 ATV emergency room treated injuries were those of children under 16 years of age.
7. The grandfather learned to never leave the key in the ignition.

Avoid Collisions with Trains

1. Prevent means to keep or stop from happening.
2. You can drive around lowered railroad gates only when a law enforcement officer or a railroad person directs you to cross.
3. Over 350 people were killed and over 1,000 people were injured from collisions with trains in 2004. That's a total of over 1,350 people killed or injured.
4. Proceed with caution means drive or move forward very carefully.
5. School buses and vehicles carrying hazardous materials must stop at all railroad crossings. It's the law.
6. The easiest way to be safe is to follow the rules of the railroad signs, lights, and gates. Also, never race a train.
7. Avoid means to keep away from something.

Being a Good Citizen

1. "Reaching out" means helping others in your community.
2. Being a good citizen is important because good citizens make great communities.
3. Ways to become a better citizen are: obey laws/follow rules, get involved, vote, and reach out to others.
4. Active means doing something, or being full of action.
5. Answers will vary – students will provide a personal opinion about what they think would happen if a community did not have rules.
6. Seniors are older people who are usually retired from their jobs.
7. You can learn about local politics by reading your local newspaper, writing letters to a local or state politician, and being involved in your community.

Birthdays

1. The earliest birthday parties were held because people thought evil spirits would visit them on their birthdays, so they liked to have friends and family nearby to ward off the spirits. Present day birthday parties are also attended by friends and family, but to celebrate another year of the person's life. At early birthday parties, candles were likely put atop the birthday cake for religious reasons or to produce smoke that would take their wishes up to heaven. Candles are still placed atop birthday cakes today, due to tradition, and wishes are made before blowing out the candles.
2. Celebrate means to observe a certain day with special activities.
3. "Happy Birthday to You" has been sung for about 100 years (a century-old favorite).
4. Yes, some say birthday cakes began with the Greeks who took round cakes (which represented a full moon) to the temple of the moon goddess. Candles were put on the cakes to make it look as though the "moon" was glowing.
5. It is important to have a calendar in order to celebrate the day on which you were born.
6. A tradition is a custom or usual way of doing things that has been passed from generation to generation.
7. We can credit the Greeks and the Germans for birthday cakes and candles.
8. A custom is a usual way of acting or doing that goes on for years.

Choosing Medical Treatments

1. Approval means determining that something is good or right; in this case, it is also giving consent that something (a treatment) is safe.
2. The Food and Drug Administration (FDA) gives approval of medical treatments in the U.S.
3. Before trying an unproven treatment, it is recommended that a person thoroughly research it: talk to others who have tried the treatment, talk to people who administer the treatment, ask a lot of questions, find out the costs involved in the treatment and if insurance will cover it. Why – because there are a lot of phony and unhealthy treatments out there.
4. Phony means false, fake or not real.
5. Phony treatments are usually advertised with words like "secret formula," "miraculous breakthrough," "painless, quick cure," etc. They are also usually not prescribed or promoted by a doctor or pharmacist.
6. Two common unapproved treatments are imagery and biofeedback. We know that they may or may not work – they probably work for some, but not others.
7. Consult means to go to for advice or further information.

The History of Hockey

1. James Creighton, an engineer who lived in Nova Scotia, established the first real set of rules for hockey.
2. The first rules of hockey were known as the Halifax Rules. They were probably called the Halifax Rules because the sport of hockey evolved from the game of “Hurley on Ice” which was first played at a college just outside of Halifax, Nova Scotia.
3. Mandate means to be required or ordered by a governing authority to do something.
4. Hockey has changed in a number of ways since the mid 1800’s:
 - a. The equipment has evolved from a ball and straight stick to a puck and a long handled curved stick.
 - b. Helmets are now mandated equipment for all players in the NHL.
 - c. Current hockey games consist of six on six play; whereas the first hockey games consisted of up to thirty players on the ice at a time.
 - d. Professional hockey games are played in indoor ice arenas.
 - e. Hockey was originally called “Hurley on Ice.”
 - f. In the mid 1800’s, hockey was only played in areas of Canada; today there are hockey players and hockey enthusiasts all over the world.
5. Evolve means to develop or change.
6. There are a couple of different theories about the word hockey and its origins. Some believe the name came from a Royal Canadian Riles officer named “Hockey” who was stationed in Nova Scotia. He had his men play the game for years. Others think hockey came from the French word “hoquet” which means shepherd’s stick.
7. A present day hockey team consists of six players.
8. The Stanley Cup is the most highly sought after award in the NHL.

Is My Child Gaining Too Much Weight?

1. About one out of eight children are overweight.
2. If you are concerned about your child’s weight, talk to your doctor.
3. The most common causes for children to become overweight are a lack of exercise and unhealthy eating.
4. The doctor will use a growth chart to determine if your child is the right weight.
5. Appropriate means right for a situation. In this case, appropriate would mean a right, or healthy, rate.
6. It is difficult to tell if your child is overweight because children come in all shapes and sizes. It is normal for some to be taller and heavier while others are shorter and lighter.
7. The best thing you can do for an overweight child is to

encourage them to exercise and eat healthy meals and snacks.

Kevin Garnett

1. Obsess means to fill the mind completely with one idea.
2. Garnett was the first player to go from high school to the NBA in twenty years.
3. Generous means happily giving to others; not selfish.
4. High school coaches described Garnett as generous because even though he could have scored many, many points on his own, he passed the ball to fellow players to give them opportunities to score as well.
5. Garnett is a forward.
6. Loyal means faithful to the team; stays with the team.
7. Minnesota is the Timberwolves home state.

Lyme Disease

1. Symptoms of Lyme disease are: rash, fever, chills, headache, muscle pain, tiredness, several rashes, paralysis on one side of the face, stiffness or numbness in arms or legs, persistent weakness and fatigue.
2. Stay out of areas with lots of trees and bushes in May, June, and July.
3. Lyme disease is treated with an antibiotic to kill the bacteria.
4. If you find a tick on yourself, don't panic. Use a tweezers to grasp the tick by the head and pull it outward slowly, gently and steadily. Do not squeeze the tick.
5. Transmit means to pass or give the disease to a person.
6. The tick must be attached to the body 24 – 48 hours in order to transmit the Lyme disease bacteria.
7. C – To think or guess that something is true.

Making the Most of Your Doctor Visits

1. The preparation for a doctor visit is compared to planning for a business meeting.
2. Before you leave the doctor's office make sure you know what you're supposed to do next – when should you return; is any lab work necessary, if so, when will the results be available, etc.
3. It's best to schedule a doctor's appointment early in the day because you'll be less likely to be affected by the doctor's schedule changes - you'll be more likely to get in at your scheduled time.
4. A partnership is a relationship between two or more individuals who are cooperating in a common mission.
5. You should consider bringing a friend along because he/she could help you remember and/or understand the doctor's recommendations.
6. Before seeing the doctor, you should write down your symptoms – when they started, what makes them better or worse, etc.; any medications you are taking or are supposed to be taking; questions you have about possible

medications that could be prescribed; other concerns or worries that you may have.

7. A doctor is a helpful resource – he/she could help with issues regarding smoking, depression and stress.

Mia Hamm

1. Honor means a special privilege or recognition.
2. Mia Hamm was 32 years old when she retired.
3. She created the Mia Hamm Foundation to raise money and awareness for bone-marrow disease and young women's athletics.
4. Consecutive means happening one after another without a break. Five consecutive years would be five years in a row.
5. Hamm carried the U.S. flag during the closing ceremonies of the 2004 Olympic Games.
6. A role model is a person whose actions set an example; a role model is often admired by others.
7. Hamm is a famous athlete because she holds the record for most international goals (158), was the U.S Soccer Female Athlete of the Year for five years, and helped the U.S. soccer team become both World Cup and Olympic champions.

Movie Ratings

1. Alex can watch G and PG rated movies.
2. A G rating means the movie is for general audiences of all ages. A PG rating means parental guidance is recommended.
3. Determine means to decide or conclude.
4. Alex wanted to see the movie "Friday Night Lights".
5. "Friday Night Lights" was rated PG-13. A PG-13 rating means that the movie is probably not suitable for children less than 13 years of age.
6. Recommend means to suggest or advise.
7. Alex's parents did their research at the www.mediafamily.org website.

A Note from the School Nurse

1. Symptoms of Fifth's Disease are: bright red areas on cheeks, pink rash, low fever, tiredness, body aches, sore throat, headache, itching.
2. Both are contagious, and both have symptoms of a sore throat, rash and headache.
3. Fifth's Disease requires no medication; strep throat is treated with antibiotics.
4. Contagious means quickly spreads from one person to another.
5. If you think your child has Fifth's Disease or strep throat, contact your doctor or clinic.
6. Strep throat is contagious until the person with the illness has been on antibiotics at least 24 hours.

7. Sudden fever, red sore throat, headache, swollen glands, skin rash, possible stomach pain.

Ray Charles

1. Unique means different from all the others; one of a kind.
2. Ray Charles was considered to be a struggling musician in his early career because he got very few gigs, and had very little money.
3. Ray Charles was probably called a musical genius because he not only created a new sound and style of music (soul music), but also became a world renowned singer, composer, pianist and entertainer, all while being sightless.
4. Ray's music career really exploded when he moved to Seattle, Washington.
5. Ray Charles is best known for his soul music. Soul music is a blend of rhythm and blues, jazz, gospel and country western music.
6. Ray Charles' career could be described as a great irony, because it was only a few short months after he died, that his last recorded album became his first platinum selling album.
7. A celebrity is a famous person.

Riding Smart

1. The Basic Rider Course and the advanced Skills Plus Course are the two motorcycle training courses. The Basic Rider Course is what its title implies; it's a basic course appropriate for novice riders. The Skills Plus Course is for those riders who are more experienced and advanced in their riding.
2. Any motorcycle enthusiast could benefit from either course – new, returning, and experienced riders would find value in the trainings.
3. Proper attitude, focused strategy, and good riding skills are taught and practiced in the riding courses.
4. The Minnesota Motorcycle Safety Center is the resource for more information regarding the trainings.
5. Attitude is a way of thinking or feeling about something or someone that often affects one's actions. In terms of motorcycle riding, a good attitude means knowing the limits of your self, your environment, and your motorcycle, and riding within those limits.
6. Best practices to avoid a crash include riding with a good attitude and thinking ahead – anticipating and avoiding hazards.
7. Other drivers may not see motorcycle riders because riders are poorly positioned in traffic.

Save a Life – Be an Organ Donor

1. Organs are matched by a computerized matching system. The factors that are considered when the computer does the matching are: blood and tissue type, organ size, medical urgency, and waiting time.
2. Myths are stories or ideas that are not true. They can influence a person's decisions and behaviors. People often do (or don't do) certain things because they don't have all the facts, the truth.
3. According to federal law, we should never see tissue or organs for sale on eBay. It is illegal to buy or sell organs in the U.S.
4. You can indicate your intent to be a donor on your driver's license or you can complete a donor card and carry it with you.
5. Transplant surgeons and specific transplant teams perform the transplants.
6. People of all ages should consider organ donation because it's the physical condition of a person/the organs that are important, not the age; and, people of all races should consider it because blood and tissue typing can vary by race – matches are more likely to be found among patients/donors of the same race.
7. Consent is permission. Persons younger than 18 years of age need a parent's consent in order to be a donor.

School Closings

1. The School Superintendent decides if school will close.
2. To find out about school closings, listen to your radio.
3. Answers may vary... bad weather conditions, some kind of emergency, heat or water problem at school building, etc.
4. Do not call the school secretary or school teacher(s).
5. Let-out means dismissed or allowed to leave.
6. 1400 KMHL and 830 WCCO are AM radio stations to listen to in order to find out about school closings.
7. Answers may vary... home, friend or neighbor's place, daycare.

St. Patrick's Day

1. St. Patrick was 74 years old when he died.
2. Shamrocks are small green plants with 3 leaves.
3. St. Patrick's Day is on March 17.
4. St. Patrick's Day began in Ireland.
5. Fiction means made up or not true.
6. St. Patrick often used shamrocks to explain the Trinity.
7. People wear green clothing and drink green beer. They attend St. Patrick's Day parties and parades. They sing Irish songs and dance to Irish music.

The Undesirable Gift

1. An account balance becomes overdrawn when a person writes a check, withdraws money from an ATM, uses a debit card to make a purchase, or makes an automatic bill payment for more than the amount that is in his or her checking account; or, when someone simply spends more money than he/she has in his/her account.
2. Kim received three overdrafts from the bank.
3. Your balance is the amount of money in your account.
4. Overdrafts and bounced checks are similar in that either one can happen when an account is overdrawn – the root cause is the same. The way to prevent getting either an overdraft or having a bounced check is also the same – keep more money in your account than you withdraw from the account.
5. When an overdraft happens, the bank has paid the amount that was overdrawn and the bank charges the account holder a fee. With a bounced check, the bank does not pay the overdrawn amount and the account holder is charged a fee, plus the person or store the check was written to may charge the account holder an additional “returned check” fee.
6. Some examples of electronic transactions are: withdrawing money from an ATM, using a debit card to make a purchase, and making an automatic bill payment.
7. Kim keeps her account register up-to-date. She records all of her transactions on a daily basis – her checks, ATM withdrawals and fee, debit card purchases, and online payments. She reviews her account statements each month, and either calls her bank or uses online banking to ask questions.

Valentine’s Day

1. Popular means liked by many people.
2. Current year – 270 = correct answer.
3. Valentine’s Day gifts include: cards, candy - chocolate, conversations hearts, Valentine M & M’s, flowers/roses.
4. A mystery is something that is now known or cannot fully be explained.
5. Florists are people who work in the flower business growing or tending, arranging and selling flowers.
6. Valentine’s Day is not a national holiday.
7. Ancient Rome – annual February 15 festival where young couples were matched for the year.
Christian tradition – Saint Valentine performed many marriages illegally; he died on February 14.