

Level 7.0

Amelia Earhart

1. It means that if the goal you are striving to meet is worth the risks involved, you should stop worrying about them and forge ahead to attain your goal. (Students' interpretations may vary somewhat.)
2. Earhart first became interested in flying after listening to stories from World War I veterans who had spent the war fighting from air planes.
3. Earhart made her most famous flight on May 20, 1932.
4. The flight provided Earhart the distinction of being the first woman to fly solo across the Atlantic Ocean.
5. To defy convention means to break societal norms and rules; to be a non-conformist. Earhart was an example of this because she wore a short, boyish hairstyle and wore relaxed, casual clothes. She challenged gender stereotypes and tried activities that were traditionally reserved for men.
6. Earhart took her last flight in the *Flying Laboratory*.
7. The word destiny means a power beyond human control, one's fate in life.
8. Earhart's childhood years were filled with parental support and encouragement that provided for a foundation of unlimited possibilities. Earhart, a creative, industrious, smart young girl, grew into a woman with great dreams and even greater desires for accomplishing those dreams.

The Chinese New Year

1. Red and gold are popular Chinese New Year colors. Red represents power, happiness, and vitality, and also scares away beasts. Gold represents wealth and good fortune.
2. Originate means to start, begin, or bring into being.
3. Similarities between the Chinese New Year and the modern U.S. New Year include: friends, family and food are usually part of both celebrations; fireworks are often used in both to celebrate the New Year; people wish each other a Happy New Year during both holiday times.
4. Differences between the Chinese New Year and the modern U.S. New Year include: the Chinese New Year never falls on the same day, whereas the U.S. New Year is always on December 31; red and gold are significant Chinese New Year colors, while there really are no U.S. New Year colors; there appear to be many more traditional activities that are a part of the Chinese New Year than the modern U.S. New Year.
5. Fireworks probably became a part of the Chinese New Year because according to legend, firecrackers (and the color red/fire) were used long ago to scare away the new year beast.
6. Traditional means something that has been passed down through generations over time.

7. The Chinese New Year begins the first night of the new moon after the sun enters Aquarius. On a solar calendar, this date is anywhere between January 20 and February 19.

Eleanor Roosevelt

1. Eleanor Roosevelt's first job was as a social worker.
2. Eleanor was well-known for her genuine interest in others and the ability to put them at ease.
3. The wife of the U.S. President is known as the First Lady.
4. Physically, Franklin Roosevelt was paralyzed by polio; emotionally, he became depressed by his condition and feared that his political career was over.
5. Eleanor rallied to support her husband. She became his legs, visiting/touring places he would have gone and reporting back to him. She gave speeches and participated in political forums.
6. Eleanor was considered a politician in her own right because she did so many of the things that other politicians did – she attended and participated in the same events, and did so in a very poised and compassionate manner.
7. Miserable means causing suffering or great unhappiness.

Flash Flooding

1. Nearly half of all flash flood deaths are auto related.
2. People should be especially cautious at night because it is more difficult to recognize flood dangers in the dark.
3. Both flooding and flash flooding involve water, specifically too much of it, most often resulting from significant rainfall. They differ in their duration. Flooding is a long term event lasting a week or more, whereas flash flooding occurs more quickly, usually within six or less hours of a heavy rain.
4. Evacuate means to leave or go away from a place.
5. They should go to higher ground – to a friend's house, a motel in another town or a shelter.
6. The two main factors are rate of rainfall and how long the rain lasts.
7. Floods are considered “the most deadly kind of weather” because they claim about 140 lives each year.

Food Allergies

1. A food allergy is an abnormal response to food triggered by the immune system.
2. Some foods can cause severe illness and even death in people with food allergies.
3. The timing of a reaction is affected by digestion – the speed at which the allergens enter the bloodstream and travel through the body.
4. Some possible reactions include: constriction of airways in the lungs, drop in blood pressure, swelling of the

tongue or throat, hives, vomiting, cramps, diarrhea, and eczema.

5. Those who are more likely to develop food allergies come from families in which allergies such as hay fever, asthma, or eczema are common.
6. The best way to treat food allergies is to avoid the foods that trigger the reactions.
7. Some of the most common foods that cause allergic reactions are: shellfish, peanuts, tree nuts, fish, eggs, milk, soy and wheat.

A Gathering of Nations

1. Elaborate means planned or created with great attention to details; greatly detailed work.
2. 28 different categories of contest dancing, drum group contests, and the Miss Indian World contest were held at the powwow.
3. The powwow was in Albuquerque, (New Mexico).
4. Local tribes from the area are the Apache and Navajo.
5. A category is a particular section of a large group.
6. The name of the powwow is the “Gathering of Nations” Powwow.
7. Many tribes from Canada and all over the United States gather to celebrate this powwow.
8. Thousands of Native Indian people from Canada and the U.S., as well as many non-natives from Germany, France, Italy, Africa, Hawaii, England and China attended the powwow.

Identity Theft – It Could Happen to You

1. Jill put a fraud alert on her account because she wanted to be contacted by creditors before they opened any new accounts in her name.
2. She called the three major credit bureaus, Experian, Equifax, and Trans Union, reported her cards were stolen (or missing), and then the fraud alerts were placed on her account.
3. Liable means legally responsible.
4. Jill was not liable for any of the charges because she was a good credit card customer.
5. She had prepared a list of the contents of her purse and wallet. Plus, she had photocopied the front and back of each card in her wallet.
6. Identity theft is when a person steals another person’s personal information and takes on his/her identity.
7. It is important to call them right away because a credit card company puts an immediate stop on a lost or stolen card so that it cannot be used.
8. Unauthorized means not approved; not given permission.

Is it Okay to Leave
My Child Home Alone?

1. In order for your child to feel connected when you are gone, leave a special message or surprise for them.
2. Ask yourself these two questions: How mature is my child? How safe is my neighborhood?
3. Mature means responsible, or grown-up.
4. Post the important telephone numbers by the telephone.
5. Anxious means nervous, fearful, or worried.
6. Review important telephone numbers and safety rules with your child before you leave her home alone.
7. Discuss the following things before leaving your child home alone: if friends are allowed in the house, if she can be outside, how long she can talk on the phone, and what she can have for meals or snacks.

Kwanzaa

1. The colors associated with Kwanzaa are red (represents courage and blood), black (stands for the color of the skin), and green (represents faith, the land, and harvest).
2. Commitment means a pledge or promise to do something.
3. The number seven is significant because there are seven core principles of Kwanzaa, there are seven letters in the word Kwanzaa, there are seven candles used in the kinara, and the Kwanzaa celebration lasts for seven days.
4. Kwanzaa has established in 1966, so the answer to the question would be the current year subtract 1966.
5. Kwanzaa was created by Dr. Maulana “Ron” Karenga, a scholar and social activist.
6. The purpose of Kwanzaa is to celebrate African culture and heritage, and to strengthen African-American families and communities.
7. Thoughts may vary as to why Kwanzaa begins on December 26th. A logical reason for its place on the calendar would be its overlap into the new year – making commitments/resolutions for the new year.
8. The word principle means an important idea, belief, or truth.

Martin Luther King, Jr.

1. Current year subtract 1963.
2. Segregation is the separation of people according to groups, especially racial groups.
3. Parents want a good education for their children because people with a good education have more opportunities and better jobs than those who do not have a good education.
4. Examples of segregation are: separate schools for black children; black people having to sit at the back of city buses, while white people sat in the front of the buses; separate drinking fountains and restrooms for black people; some restaurants serving food to “whites only”.
5. An opportunity is a chance for a new or better situation.

6. The peak decade of the civil rights movement was the 1960's.
7. Inferior means lower in quality or value; not as good.
8. Martin Luther King, Jr.'s dream was for fair and equal treatment of all people.

MN Voter Registration

1. Once you are registered, you do not need to register again unless you move, change your name, or do not vote for four or more years.
2. Register to vote at least 20 days before an election.
3. Yes, Kim can register on Election Day.
4. Kim needs to bring proof of her identity and the address where she is living on Election Day.
5. Places you could get a voter registration card are: state, county or city offices; public libraries; courthouses; MN Driver's License or ID card registration places; and the Secretary of State Website.
6. No, he has only lived in MN 2 weeks. You need to be a resident of MN for at least 20 days before Election Day in order to register.
7. N/A due to a "no" answer on #6.
8. To register to vote in the state of MN you need to be: a citizen of the United States; a resident of MN at least 20 days before Election Day; and at least 18 years old by Election Day.

Radon in Minnesota Homes

1. Radon is difficult to detect because it is colorless, odorless, and tasteless.
2. A basements is the most likely place to find radon in a home because it provides a large surface area that contacts soil material – radon moves through the soil around a home's foundation.
3. Radon is a radioactive gas that is produced from minerals in the soil.
4. Radon can enter a home through the floor or any opening between the home and the soil – unsealed sumps, cracks in slab-on-grade floors, dirt floor crawl spaces, or tiny pore spaces in concrete block walls.
5. People should be concerned about radon because it is deadly; in fact, it is the number one cause of cancer in non-smokers.
6. Minnesota has a lot of radon because much of the soil in the state contains widespread uranium and radium. When these particular minerals breakdown, radon is released.
7. People can test for radon in their homes by using a radon test kit.
8. Home radon levels are usually the highest during winter,

or the heating season, because that's when the vacuum (suction) that pulls soil gases into the lowest levels of a home is greatest. Heat sources such as fireplaces, wood stoves and furnaces, as well as the heated air rising inside the home, are some of the causes of this suction/home vacuum of gases.

Ramadan

1. People of the Islamic faith celebrate Ramadan.
2. The holy book of Islam is called the Koran.
3. The Koran is a recording of the revelations that Muhammad received from Allah. Muhammad wrote it.
4. The fast that takes place during Ramadan is called Sawm. It lasts for the entire month of Ramadan and is done by Muslims who have reached the age of puberty. There is no eating, drinking, smoking, or sexual relations during the daylight hours. There is concentrated time in prayer, worship, and meditation. The fast is broken at sunset.
5. Concentrate means to focus or to pay special attention to.
6. Allah is God – it is the Arabic word Muslims use for “God.”
7. Muhammad is the prophet of Allah.
8. The Night of Power is the night that Muhammad first received his revelation of the Koran in the year 610. It is celebrated on the 27th day of Ramadan with fireworks and thanksgiving.

Sharing the Road with Motorcycles

1. Motorcycles are difficult to see because they are smaller than cars or other vehicles. They can easily be hidden from other drivers' vision behind a car or truck.
2. Motorcycles are popular because they're fun and relatively inexpensive to own and insure. They also get excellent gas mileage.
3. Both motorcycles and cars are means of transportation that have about an equal likelihood of being involved in a crash. A big difference is that motorcyclists are almost three times as likely to be injured and five times more likely to be killed in a crash than other vehicle drivers. Both cars and motorcycles have headlights and tail lights; a difference is that a motorcycle headlight is on at all times. Other differences include: insurance for a motorcycle is usually less than for a car; a motorcycle gets better gas mileage than a car.
4. To be alert and aware means to watch carefully; to be attentive, focused, and ready for something to happen.
5. Motorcyclists can be more visible by maintaining a large space cushion when following another vehicle and using the entire lane, by wearing brightly colored protective gear and helmets, by using reflective tape and stickers, and by using a combination of both hand signals and turn signals.

6. Drivers can be more aware of motorcyclists by checking their mirrors and blind spots before merging or changing lanes. Drivers should also look for a helmet above, tires below or a shadow alongside a vehicle that they can't see around.
7. Conspicuous means attracting attention; is easily seen.

Sleep – A Dynamic Activity

1. Delta waves are extremely slow brain waves that are present in stage 3 sleep.
2. REM stands for rapid eye movement. REM sleep is the last stage of sleep before cycling back into stage 1 sleep. During REM sleep, breathing becomes rapid, irregular, and shallow; heart rate increases and blood pressure rises; eyes jerk rapidly in various directions; limb muscles become temporarily paralyzed; and we dream.
3. Passive means not participating, inactive.
4. We dream during REM sleep.
5. Some children experience bedwetting, night terrors, or sleep walking during deep sleep.
6. Sleep is referred to as a dynamic activity because it is a process of continuous change and energy as the body and brain cycle through the different stages of sleep.
7. People probably dream more toward end of a night's sleep because as the night progresses, REM sleep periods increase in length and by morning, people spend nearly all their sleep time in stages 1, 2, and REM. Dreaming happens during REM sleep.

Sleep Disorders

1. Sleep disorders negatively impact job and/or school performance, they leave suffers continually sleepy with morning headaches and a decline in mental functioning.
2. Sleep apnea is a disorder of interrupted breathing during sleep. It is one of the most common sleep disorders. Sleep apnea happens for two reasons – either the windpipe collapses during breathing or the neurons that control breathing malfunction during sleep.
3. Those who are overweight and elderly are more likely to have sleep apnea because “it usually occurs in association with fat buildup or loss of muscle tone with aging,” and “mild sleep apnea can often be overcome through weight loss...”
4. Mild means not strong; moderate in type; not very harmful.
5. Some causes of insomnia are stress, jet lag, diet, and poor sleeping habits.
6. Insomnia is quite common, it affects about 40 percent of women and 30 percent of men.
7. Those who suffer from insomnia may be good candidates

for sleeping pills, however those who have sleep apnea are not – sleeping pills may prevent a person with sleep apnea from awakening enough to breathe.

Sun Safety for Kids in Five Easy Steps

1. Wear long sleeve shirts, pants, wide brim hats, and sunglasses to protect you from the sun.
2. If your kids see you following sun safety rules, they will do the same.
3. 80% of a person's lifetime exposure to the sun occurs during childhood or before the age of 18.
4. The sun's rays are the strongest between 10 a.m. and 4 p.m.
5. Sensitive means showing a strong response to something in the environment.
6. SPF stands for Sun Protection Factor.
7. Melanoma is a skin cancer.
8. Different SPF numbers represent different levels of protection. The higher the number, the better the protection.

Video Game Ratings

1. The Entertainment Software Rating Board does the two-part video game rating system.
2. Explicit means showing nudity or detailed sexual activity.
3. The two ratings are a letter rating and a content descriptor. The letter rating suggests the game's age appropriateness. The content descriptor highlights specific elements of the game that have caused the rating and that may be of concern.
4. The letter rating appears on the front of the game box, and the content descriptor is found on the back of the game box.
5. Learner's opinion regarding necessity of video game ratings.
6. Video games are very popular – 83% of children aged 8 to 18 live in homes with a video game console; 43% of those children have the game console in their bedroom.
7. Content is what's inside something – in this case it is the game's subject matter, the language and graphics.
8. The content of a rated game can be changed by downloading software programs called "mods" from the Internet.

West Nile Virus

1. Repel means to drive away, force back, or ward off.
2. Standing water near your home should be drained because it is a breeding site for mosquitoes. They lay their eggs in standing water.
3. West Nile Virus is a serious, life-altering illness that affects the central nervous system.
4. We should be concerned about West Nile Virus because

it can be fatal. Also, people of all ages can get the virus from a single mosquito bite, and there are a lot of mosquitoes in Minnesota.

5. The illness is spread via mosquitoes. Mosquitoes carry the virus after they become infected from feeding on infected birds, and then those mosquitoes infect us with the virus when they bite us.
6. Covering up is a good protection strategy. Wear long sleeves, long pants, and socks when outdoors.
7. Fatal means deadly or causing death.
8. Permethrin should not be used directly on the skin because it is a carcinogen (see definitions list).

Work at Home Schemes

1. Fraudulent means using lies or tricks to cheat or take advantage of someone.
2. People are taken in by these schemes because many people would like to earn extra money, especially in the comfort of their home. In addition, the ads for such schemes are popular and enticing.
3. They are difficult to stop because they usually use fake names and post office boxes to set-up their businesses. They are also transient, moving quiet frequently.
4. Scam is another word for scheme – a fraudulent plan to do something.
5. Ads can be found on roadside signs, in newspapers and in emails.
6. The ads that promise big dollars for at-home work that sound “too good to be true,” usually are too good to be true. You won’t be making big dollars; instead you’ll probably be losing them.
7. Students describe either envelope stuffing or assembly/craft work.