

Level 8.0**Diabetes**

1. Glucose is blood sugar.
2. A symptom is a sign of something.
3. We are seeing higher numbers of diabetes in youth and children because the rate of obesity among that age-group is growing.
4. Diabetes can be prevented by maintaining a healthy weight, eating sensibly, and exercising regularly.
5. There is no cure for diabetes.
6. Insulin is a very important hormone in the body that aids in the body's process of breaking down food, using that food for energy, and storing the energy.
7. Answers will vary – blindness, amputation, kidney disease.
8. People who have diabetes in their family (the genetics factor) and those who are overweight (the lifestyle factor) are at the greatest risk for developing diabetes.

Driving and Dialing

1. A distraction is something that takes a person's attention away from what they were doing.
2. Some types of distractions are: drinking coffee, talking to a passenger, and applying cosmetics. One of the worst distractions is using a cell phone.
3. Studies show that hands-free sets may even be worse than hand-held phones because they seem to be a source of greater distraction – see study from Utah cited in text.
4. A synonym for the word integral is necessary or essential.
5. Answers will vary regarding which research findings surprised learners the most.
6. Answers will vary regarding which research findings surprised learners the least.
7. The word debate means discussion, and sometimes arguing, about the reasons for or against something - the pros and cons.
8. New York was the first state to ban the use of hand-held cell phones while driving.

Getting Children to Help Around the House

1. Each family member should be responsible for their own room.
2. Demonstrate means to show how to do something.
3. Encourage each family member to get rid of clutter or things that are no longer needed.
4. Reward family members for helping around the house by having a family meeting to decide what to do for fun.
5. Consolidate means to combine or do at the same time.
6. Have a family meeting and include everyone in your family.
7. Parents should be very specific in their cleaning instructions. They should demonstrate step-by-step directions as their child watches. Then parents should let

the child help them with the chore. Finally, the child is ready to do the chore with parent supervision.

Independence Day

1. Independence means freedom from control of others.
2. Independence Day is on July 4th because the Declaration of Independence was signed by colonial leaders on that day in 1776.
3. People gather for picnics and barbeques. They attend Independence Day parades and watch fireworks. Many people fly American flags and wear red, white and blue clothing on the 4th of July.
4. Patriotic means showing or feeling love or support for one's country.
5. The Revolutionary War happened because the colonies wanted their independence from England.
6. Ignite means to set fire to something; to start to burn.
7. Current year subtract 1776.

Itasca State Park

1. Henry Rowe Schoolcraft and a missionary friend are credited for Itasca's name. The Latin words for "truth" and "head" were joined by linking syllables: verITAS Caput, meaning "true head."
2. Native American Indians were the first known people in the region.
3. Conservation means the protection and careful use of natural resources such as forests, lakes and wild animals.
4. The Minnesota state legislature established Itasca as a state park on April 20, 1891 by the margin of only one vote.
5. In the late 1800s, Jacob Brower saw the region being quickly transformed by logging. This concerned him greatly. He worked tirelessly to protect and preserve the Itasca area for future generations.
6. This park is well-known because it is home to the headwaters of the great Mississippi River.
7. Answer will depend upon where the student lives.
8. Student opinion. Possible answers may include: Minnesota's largest red pine tree, Minnesota's largest white pine tree, the headwaters of the Mississippi, Bison Kill site, Wilderness Drive, burial mounds at Itasca Indian Cemetery, Lake Itasca, wildlife, etc.

Labor Day

1. Differences - The current Labor Day holiday is celebrated on a Monday; the first Labor Day was celebrated on a Tuesday. The current Labor Day holiday is usually celebrated by relaxing at a lake, or enjoying other outdoor activities – it marks the unofficial end of summer. The first Labor Day was celebrated with workers walking in parades and listening to concerts and speeches. The current Labor Day is a national holiday,

the first Labor Day was not a national holiday; it was only celebrated in New York.

2. Similarities - Both the first and current Labor Days are September holidays; during both, most workers enjoy the day off from work.
3. Lobby means to try to get legislators to vote in a certain way.
4. Some believe a September date was chosen in order to provide workers a break during the long stretch between Independence Day and Thanksgiving.
5. Some refer to Labor Day as the “unofficial” end of summer because many schools begin classes after Labor Day, and many folks in the northern states say goodbye to warm days and favorite summer activities.
6. Participate means to take part in doing something.
7. Congress has the power to declare national holidays.
8. Labor Day is the first Monday in September.
9. Another word for Labor Day is the workingman’s holiday.

Lance Armstrong

1. Lance Armstrong is referred to as an international inspiration because he is well-known throughout the world as someone who has triumphed over great adversity to become a cancer-surviving, cycling superstar!
2. The goal of the Lance Armstrong Foundation is to help other cancer survivors through education, advocacy, and research grants.
3. Indomitable means incapable of being overcome; unconquerable.
4. Doctors treated Armstrong with the most aggressive form of chemotherapy available.
5. The cancer and chemotherapy weakened Armstrong more than anything he had ever experienced, but he fought back, and both overcame the cancer and gained a new perspective on life.
6. Lance Armstrong’s motto is “Live Strong.”
7. More than 40 million of Lance’s yellow “Live Strong” wrist bands have been sold to raise money for cancer research.

Laws and Rules of Bike Safety

1. A pedestrian is any person on foot or in a wheelchair.
2. Answers may vary – a possible synonym of the word collision is crash.
3. More than 1,000 bicyclists have been injured each year because of collisions with a car or other motor vehicle.
4. A person riding a bike needs to obey the same laws as a person driving a car because Minnesota law views a bicycle as a vehicle.
5. Some possible effects of injury to the brain are death and diminished abilities to walk, talk, and think.

6. A person can safely walk across the street at marked crosswalks.
7. Require means to order, command, or demand someone to do something.
8. Bike helmets reduce the risk of brain injury by up to 88%.

The Mall of America

1. The Ghermezian brothers built the Mall of America.
2. That team was selected because they had recently completed the world's largest retail and entertainment center in Alberta, Canada.
3. Unique means different, or one of a kind.
4. The Mall of America is home to the nation's largest indoor theme park and is the nation's largest retail and entertainment complex. For the first time in history, all four department store giants (Bloomingdale's, Macy's, Nordstrom, and Sears) are under one roof in the Mall of America.
5. Mega means huge, large or enormous.
6. Answers will vary regarding students' responses to describing the Mall of America in a sentence.
7. The proposed site was considered prime real estate because of its location. It was only a mile and a half from the Minneapolis/St. Paul International Airport and at the intersection of four major highways.
8. Skeptics were proved wrong because the Mall of America became a mega-success; as opposed to what skeptics thought would be a mega-disaster.

Maya Lin's Vision

1. Negotiate is what two or more parties do to reach a compromise. Negotiate is to talk over or discuss an issue or problem in order to reach an agreement. A compromise is the result of two or more parties discussing an issue and each giving up something to make everyone satisfied with the result.
2. Lin describes "The Wall" as a symbol of sacrifice and the sorrow of war.
3. The nation was divided over the Vietnam War. Many were hostile toward the U.S. government and the soldiers that returned home the War.
4. The Wall is located on the National Mall in Washington D.C. Why there? Probably because other important memorials such as the Washington and Lincoln Memorials are there.
5. Some opposed Lin's design because they thought it was not heroic, and others thought it displayed shame, degradation, and dishonor.
6. Responses may vary.
7. Answers will vary – student opinion.

Mount Rushmore

1. Resistant means undergoing little or no change.
2. Gutzon Borglum suggested and selected which Presidents to carve.
3. Answers may vary regarding why those Presidents were chosen.
4. Workers had to endure harsh weather conditions at treacherous heights. They also were working with dangerous equipment such as dynamite.
5. Colossal means great in size, or enormous.
6. Mount Rushmore is located in the Black Hills of South Dakota.
7. Those who worked on Mount Rushmore were grateful for their jobs because during the time Mount Rushmore was being carved, the country was suffering from the Great Depression when many people were out of work.
8. Mount Rushmore was chosen for the site of the project because it was a very high peak and the granite there eroded very little, only one inch every 10,000 years.

The Olympic Games

1. The name “Olympics” was probably chosen because the first Olympic Games were held at the foot of Mount Olympus in Greece.
2. The first modern Olympics were held in Athens, Greece, in 1896.
3. Honor means to show great respect and recognition for someone or something.
4. The word honor is used in this reading about the Olympics because the Greeks organized the first Olympic Games as a festival to show honor to their Gods by using and displaying their athletic abilities. The modern Olympics are seen as a way of honoring the finest athletes from all over the world.
5. The modern Olympics were not held in 1916, 1940, or 1944 due to the World Wars.
6. The first Olympic Games were held for religious purposes – to honor the Gods; the modern Olympic Games are a secular event. The first Olympic Games had only a few foot races; the modern Olympic Games have many, many events. The first Olympic Games’ participants were only Greek men; the modern Olympic Games are open to all people.
7. The first Winter Games were held in France.

The Pledge of Allegiance

1. The original title of the Pledge of Allegiance was “The Pledge to my Flag”.
2. The words “of the United States of America” were added to the pledge in 1924.
3. The pledge was written as a recitation for school children to use during the national Columbus Day celebration.
4. When you say the Pledge of Allegiance, you promise loyalty to the U.S. Flag, all 50 states, and to the U.S. Government.
5. In 1892, 44 states celebrated the 400th anniversary Columbus Day celebration.
6. Profession means the stating of something out loud; a declaration.
7. Current year subtract 1954.

Pregnancy and Depression

1. Some signs of depression could include any of the following that last longer than two weeks: feeling restless or irritable; feeling sad or overwhelmed; crying a lot; eating too little or too much; sleeping too little or too much; trouble focusing; feeling worthless or guilty; withdrawing from family and friends.
2. Depression can be difficult to identify in pregnant women or those who have recently given birth, because some normal pregnancy changes cause similar symptoms as depression and can be happening at the same time.
3. The rapidly changing levels of estrogen and progesterone hormones in the mother’s body may lead to depression. Low thyroid hormone levels can also cause symptoms of depression.
4. True depression is a mood disorder in which feelings of sadness, hopelessness, anger, etc. interfere with everyday life for an extended period of time; whereas being sad or upset would not be classified as a mood disorder and would normally occur for short periods of time.
5. In addition to pregnancy, other cause of depression can include: a stressful life event, such as a death in the family; other hormone changes; family history –genetics; unknown factors.
6. A doctor or midwife can help diagnose depression.
7. During or after pregnancy, the women that have the greatest risk of becoming depressed may have one or more of the following risk factors: history of depression or substance abuse; family history of mental illness; little support from family and friends; marital or financial problems; young age.

Presidents' Day

1. The Civil War happened because the South wanted slavery and the North did not.
2. Presidents' Day is in February; both George Washington and Abraham Lincoln were born in February.
3. Assassinate means to murder an important or famous person, especially a political leader.
4. George Washington was in the Revolutionary War.
5. He was a general in the Revolutionary War. He helped the colonies win their independence from England.
6. Washington is on the \$1.00 bill and the quarter. Lincoln is on the \$5.00 bill and the penny.
7. Tense means stressful, nerve-racking, or intense.
8. George Washington was the 1st President of the U.S. Abraham Lincoln was the 16th President of the U.S.

Sacagawea

1. An expedition is a long trip made with a definite purpose.
2. They saw the Pacific Ocean from the state of Washington.
3. Some words that are used to describe Sacagawea are: courageous, useful, symbol of peace, young, cheerful, remarkable, and resourceful.
4. Answers will vary – student opinion.
5. Lewis and Clark wrote journals.
6. Sacagawea was an asset on the trip because: she knew more about the Indians than anyone else in the party, she knew where to find fruits and nuts – therefore saving the men from starvation, she negotiated a trade for much needed horses, she knew the land – especially near her home area, she represented peace – along with her young infant.
7. Answers will vary – student opinion.
8. Sacagawea's home tribe was the Shoshone.

Susan B. Anthony

1. Suffrage means the right to vote.
2. The Fifteenth Amendment is that which allowed U.S. citizens of any race the right to vote (but not all genders).
3. Most women of the 1800's were given limited opportunities. Most were not encouraged to get a good education. Once married, women were considered their husband's property. Women were oppressed because of their gender. They could not vote and received far less wages than men for equal work.
4. Adopt means to accept in a formal way.
5. Elizabeth Cady Stanton was a strong partner with Susan B. Anthony in the fight for women's rights.
6. Susan's main causes were slavery, the temperance movement, and women's suffrage.
7. Advocate means to say good things about something or to speak in favor of something, usually in an urging manner.

8. The Nineteenth Amendment was adopted in 1920. It gave women the right to vote.
9. Yes, Sacagawea is also on a U.S. dollar coin. (Sacagawea is another Level 8.0 story.)

Sweepstakes Fraud

1. Companies use sweepstakes to sell their merchandise.
2. The value of most prizes is minimal, usually around \$1.00.
3. Legitimate means according to the law; legal.
4. Sweepstakes mailings are very common – over 90% of American consumers have received a sweepstakes mailing.
5. The Minnesota woman purchased such a large amount of merchandise because she believed that buying products would increase her chances of winning the sweepstakes.
6. Two synonyms for the word tiny are: fine – as in fine print, and microscopic – as in microscopic print.
7. A sweepstakes complaint can be filed with the Minnesota Attorney General's Office.
8. Student opinion.

Tornadoes – Nature's Most Violent Storms

1. A myth is a story or idea that is made-up or imagined and not true, whereas a fact is something that is true or real.
2. A tornado forms when rising air within a thunderstorm updraft tilts the rotating air from horizontal to vertical. Tornadoes form within this strong rotation.
3. Horizontal means in line with the ground or the horizon; straight across.
4. Vertical means going up and down, as opposed to across.
5. Violent tornadoes cause the most deaths.
6. Weak tornadoes are the most common tornadoes.
7. Tornadoes can range in wind speed from less than 110 miles per hour to winds greater than 205 miles per hour.
8. Words that are used to describe tornadoes are: destructive, violent, damaging, strong, and weak.

Washington D.C.

1. George Washington is described as the “founding father” of the U.S. because he was the first President of the United States.
2. The three branches of government are the legislative branch, the judicial branch, and the executive branch.
3. The legislative branch is housed at the Capitol. The judicial branch is found in the Supreme Court Building. The executive branch is at the White House.
4. The legislative branch makes laws; the judicial branch enforces the law; and the executive branch interprets the law.
5. $50 - 36 = 14$ states joined the Union after Lincoln's death.

6. A monument is a structure, statue, or building that is built to honor the memory of an important person or event.
7. The capital is the city where the government of a country or state is located; whereas the capitol is the actual building where the lawmakers meet.
8. 1600 Pennsylvania Avenue is one of the most famous street addresses in the U.S. because that's where the White House, the place where the President lives, is located.