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Three Cheers for Mom

What does Dad say about Mom's new health and fitness program?

We used to be a normal family. I mean, we watched TV a lot, ate at fast-food places, and exercised occasionally.

Recently things have changed. You see, my mom's getting into good health and physical fitness. She says she wants us to have strong, healthy hearts, lungs, and muscles so we can have a better quality of life.

So how have things changed? Well, Mom got several books on healthy cooking and eating for better health. Now we're eating more vegetables, fruits, chicken, and fish. Foods like red meat, junk food, and desserts have practically disappeared from our house.

We are even drinking two percent milk and unsweetened juices. There is always a good supply of spinach, cauliflower, celery, and carrots in the refrigerator.

Mom dusted off her old bike and put air in the tires. We really knew she was serious when the family became the proud owner of an exercise machine. If the weather is too miserable to bicycle outdoors, the exercise machine lets Mom "cycle" for miles (kilometers) and not move an inch (a centimeter).

Then she can row for several miles (kilometers) though there is not a river or lake within ten miles (16 kilometers).

Mom is learning to speed walk. But, I'm not sure she does it like anyone else. Watching her speed walk is more entertaining than watching a rodeo clown. It's one of the most humorous sights I've ever seen.

First, she puts on running clothes with a red sweat headband. Next comes a radio headset and sunglasses. Then, blue sweatbands go on each wrist with 2.2 lb. (1 kilogram) weights. Pink sweatbands go on her ankles with 3.3 lb. (1.5 kilogram) weights. In addition, she needs her running shoes, a wristwatch, and some gum. She says gum helps her walk faster.

Then she does stretching exercises and warms up her muscles. After setting the radio on a station broadcasting lively music, she's ready for action. She goes into action as if training for the Olympics. She takes quick steps and swings her arms back and forth. She walks as fast as she can without running.

Neighbors wave and smile. That doesn't stop Mom. The look on her face says, "I'm building up my endurance. Don't slow me down!"

I laugh at Mom, but she doesn't care. She's a good sport. I also praise and congratulate her for what she is doing.

She has worked on her speed and endurance. When chewing gum, she can now walk one mile (1.6 kilometers) in twelve minutes! If you don't think that's hard work, just try it.

What does my dad think about Mom and her new program? The first few weeks that she had us on health foods, he complained. He does like his junk food and desserts. He says, "Cauliflower, celery, and carrots are for rabbits. My ears are big enough and I don't want them to start growing again."

What does Dad think about Mom's exercise program? He says, "Three cheers for Mom so long as she is doing them and not me. I want to be the first one to praise and congratulate her when she qualifies for the Olympics. I'll be her greatest fan."

A. New Words

- 1 **broadcasting**
- 2 **celery**
- 3 **congratulate**
- 4 **Olympics**
- 5 **praise**
- 6 **sunglasses**

B. USING THE NEW WORDS.

Write the new word that best completes each sentence.

1. The word that means “to express to a person pleasure over his or her happiness, success, or good fortune” is _____.
2. You have to be an outstanding athlete and train for several years to qualify for the _____.
3. When Mom qualifies for the Olympics, Dad wants to be the first to congratulate and _____ her.
4. **Patrolling** is to **guarding** or **protecting** as _____ is to **telling** or **sending out by radio or television waves**.
5. Carrots, cauliflower, spinach, and _____ are all classified as vegetables.

C. THINK ABOUT IT.

Write the letter of the best answer:

6. The most humorous sight is when Mom
 - a. is broadcasting the Olympics.
 - b. does her speed walking.
 - c. uses the family’s exercise machine.
 - d. congratulates and praises Dad on how he is training for the Olympics. 6. _____
7. Which happened *last*?
 - a. Dad complained about the health foods.
 - b. Red meat, junk food, and desserts practically disappeared.
 - c. The family got an exercise machine.
 - d. Mom could walk one mile (1.6 kilometers) in twelve minutes. 7. _____
8. The family is no longer “normal” because
 - a. Dad no longer allows the family to eat fast-foods, such as pizzas and hamburgers.
 - b. Mom has taken up a lifestyle of healthful living and physical fitness.
 - c. family members are riding their bikes with Mom and using the family auto less.
 - d. Mom is training to compete in the Olympics 8. _____
9. Things have changed in the writer’s family. These changes can best be described as
 - a. changes some family members do not agree with completely, but are dealing with in a healthy manner and with a good sense of humor.
 - b. a burden, troublesome, and distressful.
 - c. severely damaging to the family relationship.
 - d. none of the above. 9. _____
10. The writer’s purpose in writing this article was to
 - a. record a memorable event in her diary or journal.
 - b. congratulate Mom for the way she was training for the Olympics.
 - c. broadcast ways to have better health and be physically fit
 - d. entertain the reader by writing humorously about a family matter. 10. _____

Date _____ Number correct _____

D. WORDS SPELLED ALMOST ALIKE

Read the pairs of words below. As you read each word, think about its meaning. Practice reading the words to yourself.

- | | | |
|-------------|-------------|----------------|
| 1. | 2. | 3. |
| a. issue | a. delay | a. hungry |
| b. tissue | b. relay | b. hungrily |
| 4. | 5. | 6. |
| a. receive | a. district | a. instruction |
| b. deceive | b. strict | b. destruction |
| 7. | 8. | 9. |
| a. trench | a. doubt | a. capture |
| b. drench | b. debt | b. captive |
| 10. | 11. | 12. |
| a. assure | a. freezers | a. ordinary |
| b. reassure | b. tweezers | b. ordinarily |
| 13. | 14. | 15. |
| a. listen | a. compass | a. intent |
| b. glisten | b. compress | b. intense |



Coaches Shook Hands before Crash

What happened to the coaches?

The engine of the small private plane sputtered for a few seconds and died. Fred and Bill grasped each other's hands firmly. They each said, "It's been good knowing you." They thought this might be the last time they would shake hands with anyone.

They could feel the small plane going down. Looking out the window, they could see the houses and yards. Then they saw things like children playing with bicycles and swimming in pools.

They knew they would crash soon. They checked their seat belts and braced themselves to wait for the crash.

The two passengers were coaches for Tate County Schools. They were returning in a small plane from a game in Jackson, Mississippi. The plane was piloted by Principal Clint Jones.

They were to fly to an airport located about 50 miles (80 kilometers) east of Atlanta, Georgia. Because of flying into strong winds, the plane was running low on fuel. Permission had been given to land at Atlanta, Georgia, to take on more fuel.

Principal and pilot Clint Jones says, "As we were coming into Atlanta to take on more fuel, the engine began to sputter. Then it died. I switched

gas tanks and attempted to start the engine, but it didn't work. With no luck starting the engine, I radioed the control tower that we must be out of fuel. They said to try to bring it in.

"We coasted about a mile (1.6 kilometers), and I saw that it wasn't going to work. We weren't going to make it to the airport. I radioed back and asked if I should attempt to land on the highway. There was no response.

"I looked at the rush-hour traffic on the highway. At first, all I could see were streams of cars. Then I saw one strip with no cars. I turned and put it down. Just before we made contact with the highway, I pulled the nose of the plane up to stop it. The plane skidded about 35 feet (10.5 meters) and stopped."

Within minutes, people came to the crashed plane to see what they could do to help. The doors could not be opened. Before long, the fire truck arrived to free the trapped pilot and two passengers.

During the next few days, Coaches Fred Jenkins and Bill Bright will have lots of time to express what their friendship means to them. They may even joke about the life-threatening incident.

Both are patients at General Hospital with principal and pilot Clint Jones. Coach Jenkins says he thinks he will feel better when his head stops aching. Coach Bill Bright's right leg was broken and he has additional injuries. The principal is reportedly suffering from a back injury. They are reported as doing well.

When asked if they would rely on Jones's piloting again for transportation, Jenkins and Bright agreed they would.

Then Coach Jenkins adds, "Yes, I'll fly with him if he will let me sit so I can keep a watchful eye on the fuel level. If we are flying into strong winds, I may demand we fuel up at every airport along the way. We think he is a good pilot."

Asked if he would fly again, Jones said, "I still think it is the safest means of transportation. I'm positive I'll keep a more watchful eye on the fuel level in the future."

A. New Words

- 1 **Atlanta**
- 2 **Georgia**
- 3 **Mississippi**
- 4 **permission**
- 5 **sputtered**
- 6 **transportation**

B. USING THE NEW WORDS.

Write the new word that best completes each sentence.

- 1. The word that means “the act of permitting” is _____.
- 2. The coaches and principal were returning to Georgia from the state of _____.
- 3. With no fuel left in the tank, the engine of the plane _____ and died.
- 4. **Mississippi** or **Georgia** is to **state** as **Phoenix** or _____ is to **city**.
- 5. Autos, trains, jets, and ships are all means of _____.

C. THINK ABOUT IT.

Write the letter of the best answer:

- 6. Principal and pilot Jones landed the plane
 - a. at the airport in Atlanta, Georgia.
 - b. on a highway near Atlanta, Georgia.
 - c. at the Phoenix, Arizona, airport.
 - d. at none of the above.6. ____
- 7. Which happened *first*? The plane
 - a. sputtered and died.
 - b. skidded about 35 feet (10.5 meters) and stopped.
 - c. was running low on fuel and was given permission to land at the airport in Atlanta, Georgia.
 - d. was flown into strong winds.7. ____
- 8. The coaches and principal will have lots of time during the next few days to share the life-threatening experience. It will be because
 - a. they won the game in Mississippi and are on vacation this week.
 - b. they are in the hospital together recovering from injuries.
 - c. they will be using a jet for transportation the next time they travel to Mississippi.
 - d. of none of the above.8. ____
- 9. In this article, “coasting” means
 - a. rolling along the highway without the power of the engine.
 - b. playing at the beach, seashore, or ocean.
 - c. gliding, drifting, or soaring.
 - d. none of the above.9. ____
- 10. What would be another good title for this article?
 - a. Piloting Principal and Coaches Injured in Crash on Highway
 - b. Mississippi Coach and Georgia Coach Apologize and Congratulate Each Other
 - c. Piloting Principal Given Permission to Land on Highway near Atlanta, Georgia
 - d. Coaches Form Unusual Friendship in Strange Circumstance10. ____

Date _____ Number correct _____

D. ADDING ENDINGS TO WORDS

As you read each word, think about its meaning. Practice reading the words.

- | | |
|--|---|
| 1. | 2. |
| a. plenty
plentiful | a. donate
donation |
| b. create
creator
creative
creation | b. transport
transporting
transportation
transporter |
| c. reverse
reversing
reversal | c. adapt
adaptation
adaptive |
| d. receive
receiver
receivable | d. broadcast
broadcaster
broadcasting |