ENGLISH I
People from all over the world travel to Yellowstone National Park to see a geyser called Old Faithful.
Old Faithful is the most famous geyser in the world. A **geyser** is a spring that shoots boiling hot water and steam into the air.
Explorers named the geyser “Old Faithful” because they were able to predict when it would shoot boiling hot water and steam into the air. Old Faithful erupts an average of 20 times a day, every 60 to 90 minutes.
travels

excites

bursts
Park rangers at Yellowstone National Park observe Old Faithful’s eruptions to predict the time of the next eruption. When Old Faithful starts to erupt, the hot water shoots up from the ground. Sometimes it is as high as a two-story building. Park rangers time the duration of the geyser from when the water first shoots up until the last splash of water. The longer the eruption lasts, the longer the time until the next eruption.
The **duration** of the eruption is between 2 and 5 minutes.

The **duration** of the eruption is between 90 and 185 feet high.

The **duration** of the eruption is between 204 and 350 degrees Fahrenheit.
Ocean Pollution: Learning from Our Mistakes

The oceans are huge bodies of water that cover three-fourths of Earth’s surface.
For hundreds of years people thought they could use the oceans like a trash can. Many things that people didn’t need or want anymore were dumped in the oceans. This caused the oceans to become polluted. Very few people understood that humans depend on having clean, healthy oceans to survive.
Waste and trash dumped in the ocean can block the sunlight that ocean plants need in order to make oxygen. Half the oxygen in the air that humans breathe is made by ocean plant life, and ocean pollution that blocks sunlight reduces the amount of oxygen in the air. When ocean plants are unable to produce oxygen, fish also cannot get the oxygen they need from the water to survive.

In 1972, scientists recognized the huge problem ocean pollution was causing for the planet. A law was passed to keep fish safe and to protect the food chain. Whales and other sea mammals, which eat fish, are also safer because of this law.
This law also made it illegal to dump plastics into the ocean because of the terrible damage plastics cause to ocean life.

Seabirds think plastic is food and feed their chicks plastic pellets. Young birds die because their stomachs are full of plastic. Sea mammals mistake plastic for food and swallow plastic pieces that damage their organs. Fish also eat plastic, which causes problems all the way up the food chain.
Plant life creates the oxygen humans need to survive.

Laws making it illegal to dump plastic into the ocean are necessary to protect ocean waters.

People should use more plastic plates, cups, straws, forks, and spoons.
Plastic in ocean waters is a problem. Each year about 8 million tons of plastic ends up in the ocean. Most plastic that finds its way into the ocean will stay there for a very long time.
Boyan Slat is a young man from Holland who got an idea as a teenager. His idea was to trap and collect plastics in the Pacific Ocean using huge floating screens and the energy from ocean currents. The V-shaped screens will block the plastic as the water runs through them and funnel the trash into large containers. From there the plastic will be removed and recycled to make larger plastic objects that would have less of a chance ending up back in the ocean. Slat’s goal is to reduce half the plastic from the Great Pacific Garbage Patch, a gigantic area of water where most plastic in the Pacific Ocean ends up.
Unfortunately, even if Slat’s project is a success, this will not completely solve all of the ocean’s pollution problems. Materials that are less harmful to the oceans must be developed to replace plastics. The oceans are huge bodies of water that cannot be used as garbage dumps if humans are going to survive on this beautiful planet!
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Yoga for Football Players

Donovan and Tony are players on the Springdale High School football team. Donovan is the star quarterback. Tony is the defensive end.
“Tough day at football practice?” asked Donovan.

Tony nodded his head yes.

“I know how to fix your game,” Donovan said. He looked at Tony and said one word: “Yoga.”
“Yoga?” Tony asked. “You want me to sit in some pose wearing stretch pants? How’s that going to get me ready to play football in the state championship game?”

“It will make you a better player,” was all Donovan said as he laughed and walked down the hall.

“Wait!” Tony called after Donovan. “You don’t really mean that! You’re not in the yoga club, are you?”
On Monday afternoon when Kim the instructor arrived, Tony was waiting at the door with several students. The students went in, unrolled their yoga mats, and sat down. Tony, who didn’t even know he needed a mat, sat down on the floor and waited for class to begin.

At the last minute Donovan burst in. “Sorry I’m late,” he said. Then he saw Tony and smiled.
Kim started the class. She had the students balance on one leg with the other leg bent. Tony almost fell on his face. As the class continued, the poses became more difficult. Tony felt lost. By the end of the class, Tony was ready to quit yoga and go back to the football practice field.
“Good job, Tony,” Kim said. “This will really help improve your football game. Did you know that some professional football teams have included yoga as part of their team training?”

Tony thought, “If yoga is good enough for pro football players, then it is good enough for me, too.”

Tony came back the next week and the week after that.
Tony finds out that Donovan is also in the Monday afternoon yoga class.

Tony wants to practice the yoga poses the instructor shows the students during class.

Tony learns that pro football teams practice yoga as part of their training.
That September, Tony became a regular member of the yoga class. At football practice he began to notice that he could run faster, jump higher, and throw the football farther.

The football coach also noticed Tony’s improvement. One day the coach asked, “What’s your secret, Tony? You’re starting to play as well as Donovan!”

Tony told Coach about the yoga class.

“Congratulations!” said the coach. “You’ve been promoted to be the team’s yoga instructor!”

Tony’s yoga teacher helped him get the program started. By April, Tony found himself leading the whole football team in yoga every afternoon before practice.
Did yoga really make Tony a better player, as Donovan said it would? Yes, it did. Donovan was still the star quarterback on the team, but Tony’s game had really improved. Tony enjoyed the quiet stillness of yoga in between the tough workouts on the field.
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America’s first suburban shopping mall opened in 1954. **Shopping malls are common these days. In the 1950s the idea was unique.**
Before shopping malls became popular, big department stores and specialty shops used to be located only in a city’s downtown area. In the 1950s people started moving out of the cities into smaller communities called suburbs. **Shopping malls were good for suburban families.**
Shopping malls were more practical for suburban families.

Now families in the suburbs could easily shop at malls without going downtown.
Shopping malls are for more than just shopping. Malls are common places to meet friends, get coffee, and spend the afternoon inside without worrying about the weather. There are kiosks for seasonal items, charging stations for your cell phone, and various shops to try on the latest stuff.
things

time

clothes
Modern shopping malls have many stores and restaurants. Shoppers can get from one store to the next without having to go outside. Many malls also have movie theaters. Some have an amusement park inside!
Many malls also have movie theaters, and some have an amusement park inside!

Many malls also have movie theaters, or some have an amusement park inside!

Many malls also have movie theaters, so some have an amusement park inside!
Katie and Carter have been friends since they were in preschool. Now they are in high school. **For the first time ever, they do not have any classes together.**

For the first time ever, they don’t have any classes together.
Katie and Carter have always been good students. **Now, for the first time ever, Carter is not finishing his homework.** The two friends agree to meet after school each day to work on homework.
Now, for the first time ever, Carter isn’t finishing his homework.

Now, for the first time ever, Carter is not finishing his homework.
Carter is happy to have a good friend to do his homework with. Carter asks, “Katie, what other changes do you think will help me do better in school?”
Carter realizes that he is not paying attention in class. He also forgets to write down the homework assignment. Carter knows that when he sits in the back of the classroom, there are too many distractions. **Katie says, Carter, you may focus better in class if you sit in the front row.**
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Katie says, “Carter, you may focus better in class if you sit in the front row.”

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