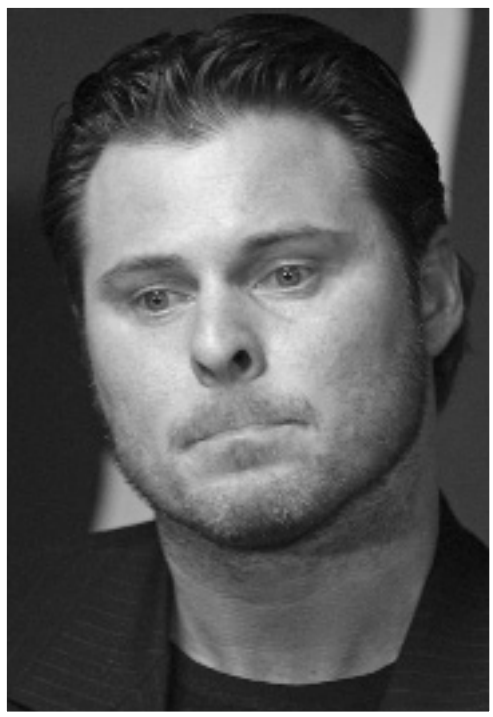


May 15–21, 2005

KOSTROUN/AP/WIDE WORLD



*Yankees first baseman Jason Giambi allegedly admitted to using steroids in grand jury testimony in 2003.*

► This Week's Focus:

## Baseball and Steroids

Major League Baseball is cracking down on steroid abuse. But Congress doesn't think the new policy is tough enough. Ask your students to weigh in—and be sure they take the related quiz on the hazards of steroid use. Another lesson plan takes a look at how to prepare for final exams; an accompanying skills sheet helps students to make a study plan. And finally, we follow historian Bruce Feiler into the Sinai desert. There he meets a monk who is digitally photographing and preserving some of the most important religious manuscripts in the world.

### Everyday Newspaper Activity

**Activity #37: Sports Heroes.** Ask students to search the paper for feature articles on athletes. Why do they think that the athlete was chosen? Analyze the reasons why an editor would run an article about this person. What has he or she accomplished? What obstacles has he or she overcome? Is this person a role model in any way?

### Coming Up Next Week

- The 2005 Food Pyramid
- The New Pope
- Fighting Invasive Species

► **In the News: Baseball and Steroids; Get Ready for Finals p.2**

► **In PARADE: Saving Ancient Documents p.3**

► **Skills Sheets: The Truth about Steroids p.4; Final Exam Checklist p.5**

## Baseball and Steroids

**Curriculum links:** Current events, health, science, civics, family and consumer science

**Briefing:** The Major League Baseball commission drafted a new, tougher steroid policy this season, after Jason Giambi and Barry Bonds allegedly admitted they had used the drugs in grand jury testimony. Under this plan, players who test positive for steroids in random drug tests will receive 10-day suspensions without pay for the first offense. Players who flunk the test a second time will be out for 30 days. A third failure will result in a 60-day suspension. If a player tests positive a fourth time, he will be suspended for a full year. Every player will have at least one unannounced test during the season, and random players will be tested more often. In recent hearings, however, Congressmen indicated that the new policy was not tough enough. "I would like to see baseball clean up its own mess," says Stephen Lynch (D-Mass.). "But after 12 hours I was convinced that it won't." Many experts agree that slugger Mark McGwire balked so often in his testimony that he damaged his chances of ever reaching the Baseball Hall of Fame. Meanwhile, the random drug tests netted a first offender: Tampa Bay outfielder Alex Sanchez. (See p. 4.)

### Classroom Debates

• **Is it fair for some athletes to use steroids while others rely solely on their natural abilities?** Why or why not? What sort of example does it set? Why is the baseball commission trying to crack down on steroid use? Is its policy tough enough? If you were in charge, what would be the penalty for a first offense? A second? Should Congress get involved and set harsher penalties? What are the dangers of steroids? How can they hurt you?

**Newspaper activity:** Watch the sports pages to see what other players, if any, fail steroid tests and receive suspensions without pay. How do they respond?

**Resources:** Books: Judy Monroe's *Steroids, Sports & Body Image* (Enslow, 2004), Scott Lukas' *Steroids* (Enslow, 1994) and Gloria Miklowitz's YA novel, *Anything to Win* (Laurel Leaf, 1990). Web sites: Learn more about the baseball steroids scandal from *Newsweek*, CNN and other news sources. Learn about the dangers of steroids from the National Institute on Drug Abuse and others.\*

## Ready for Finals?

**Curriculum links:** Study skills, personal development, psychology

**Briefing:** Believe it or not, you *can* keep calm and get the most out of your study time. How? First, prioritize your subjects and make a study schedule. If you've got English down cold, spend more time on a subject that's harder for you. Find out as much as you can about each exam (e.g., what chapters will it cover? Will it be multiple choice or essay?). Start studying early and break it up into blocks. Take breaks. Don't pull an all-nighter. Use the textbook as a study aid. Turn each heading into a question and see if you can answer it. Answer the questions at the end of each chapter. Eat healthy meals, get enough sleep, exercise and give yourself rewards. Don't put too much pressure on yourself; share feelings with others. On test day, don't panic. If you do, close your eyes and take several deep breaths to get back on track. (See the related skills sheet on p. 5 of this guide.)

**Newspaper activity:** Comics can be a great study break. After you've studied for an hour or two, read the comics. A chuckle will help cut stress and clear your mind.

**Resources:** Books: Gordon Green's *Getting Straight A's* (Lyle Stuart, 1993), Adam Robinson's *What Smart Students Know* (Crown, 1993), Ronald Fry's *The Great Big Book of How to Study* (Career Press, 1999), Judith Dodge's *The Study Skills Handbook* (Scholastic, 1999) and William Luckie's *Study Power* (Brookline, 1997). Web sites: Find test-taking tips from Kansas State University and great links to lots more sites from the University of Chicago.\*

### Classroom Debates

• **How do you prepare for exams?** What study techniques have worked for you (e.g., tackling tough tasks first, studying with a partner, rewriting notes on flash cards, etc.)? What bad habits do you want to break (e.g., waiting to study until the last minute, staying up all night, etc.)? Do you have any special ways to stay calm and avoid stress (e.g., taking deep breaths, taking breaks, etc.)? Are final exams the best way for teachers to find out how much you know about a subject? Or might a different method be better? Explain.

\*Visit [www.paradeclassroom.com/links](http://www.paradeclassroom.com/links) for links to all mentioned Web sites.

# Preserving Ancient Manuscripts

**Curriculum links:** Current events, language arts, science, geography, history

**Briefing:** In this week's PARADE, noted author Bruce Feiler (*Walking the Bible* and others) visits St. Catherine's, a 1700-year-old monastery in the Sinai desert. The monks there believe that the monastery, built on the site where Moses may have met his wife, is the home of the actual Burning Bush where Moses heard the voice of God. Whatever its actual history, the monastery is also valuable because it contains the second most important collection (after the Vatican) of religious manuscripts in the world. An American monk named Father Justin is at work there, trying to preserve these manuscripts by digitally photographing them and posting them on the Internet. The library contains 4570 illuminated manuscripts, 7000 printed books from the late Middle Ages and 6000 new printed books. The texts include some of the world's oldest Bibles and the first printed editions of Homer and Plato. The monastery's most famous manuscript was the *Codex Sinaiticus*, the oldest complete Bible in existence. It was kept there for 1500 years until a German scholar "borrowed" it and sold it to Russia, which later sold it to the British Museum. A few leaves of the Sinaiticus were hidden in a wall and are on display. Father Justin's funds are about to run dry, putting his 10-year preservation project at risk. He is happy, however, that the British Library has agreed to allow him to photograph the *Codex Sinaiticus*, in effect bringing the collection back to the monastery.

**Newspaper activity:** The monastery is located in the Sinai desert. Where is the Sinai? Ask students to look through the paper to see if they can learn anything about the Sinai and other events that are happening there today.

**Resources:** Books: Bruce Feiler's *Walking the Bible* (Perennial, 2002) and Athanasios Paliouras' *The Monastery of St. Catherine on Mount Sinai* (AAA, 1989). Web sites: Learn more about the monastery from several travel-related sites.\*

## Classroom Debates

- The manuscripts that have not been photographed are inaccessible to scholars. They could unlock clues to the origin of the Bible, the rise of Christianity, the spread of monotheism and more. What relevance would this type of information have today? Why is it important to preserve such manuscripts and make them available to historians? Should the British Museum return the *Codex Sinaiticus* to the monastery? Why or why not? Father Justin has made preserving and disseminating the manuscripts his life quest. Is there a cause to which you would devote your life?

## ASK MARILYN

### Wordteaser

This week's word is **EPOPEE**. What's the definition?

- A) A writer of epic poetry.
- B) Nonsense, pishposh or balderdash.
- C) A historical epoch known for many unpleasant events.
- D) The newest Internet fad: online parenting.
- E) The point in a satellite's orbit when it is the farthest from Earth.

Answer: A

**Interact:** Do students have questions or comments for Marilyn? Send them to Ask Marilyn, PARADE, 711 Third Ave. N.Y., N.Y. 10017, or e-mail [marilyn@parade.com](mailto:marilyn@parade.com).

## FRESH VOICES

### What's Your Talent?

**For classroom discussion or writing assignment:** In this week's column, readers talk about their special talents. They range from super-fast reading to building Civil War armies with Lego blocks. What's your talent or hobby? Why are you good at it? Why do you enjoy it? What do you get out of it?

**Interact:** Ask students, "Have you ever started your own business?" Send students' comments to Fresh Voices, Box 5103, Grand Central Station, New York, NY 10163-5103. Or send e-mail to [freshvoices@parade.com](mailto:freshvoices@parade.com). Students whose letters are published in PARADE will receive Fresh Voices T-shirts.

## Answer Key:

**The Truth about Steroids (p. 4): 1. T; 2. T; 3. T; 4. T; 5. T; 6. T; 7. T; 8. T; 9. T; 10. T; 11. T; 12. T; 13. T; 14. T; 15. F. Final Exam Checklist (p. 5): Answers will vary.**

## The Truth about Steroids

How much do you really know about steroids? Take this true/false test to find out. Put a T next to each statement that is true and an F next to each statement that is false. Your teacher has the answers.

- \_\_\_ 1. Steroids can cause premature baldness in men.
- \_\_\_ 2. Steroids can cause women and girls to grow facial hair.
- \_\_\_ 3. Steroids can cause bad acne.
- \_\_\_ 4. Steroids can weaken the tendons.
- \_\_\_ 5. Steroids can cause high blood pressure.
- \_\_\_ 6. Steroids can cause jaundice.
- \_\_\_ 7. Steroids can stunt the growth of children and teenagers.
- \_\_\_ 8. Steroids may have psychological effects, such as irritability, uncontrollable anger, mood swings and delusions.
- \_\_\_ 9. Steroids can cause damage to the heart, kidney or liver.
- \_\_\_ 10. Steroids can increase cholesterol levels.
- \_\_\_ 11. Steroids can cause a man's testicles to shrink permanently.
- \_\_\_ 12. Denver Bronco Lyle Alzado blamed steroids for the inoperable brain cancer that killed him in 1992.
- \_\_\_ 13. Track star Ben Johnson had to give back his Olympic gold medal because of his steroid use.
- \_\_\_ 14. Steroid use can cause psychological dependency.
- \_\_\_ 15. Steroids are the best way to build muscle.

## Final Exam Checklist

**Studying doesn't have to be stressful.** Take a few minutes to plan how you'll get ready for your exams. Having a strategy can help you manage your time in a way that gives you the best results for your efforts.

**1. a.** The final exam for \_\_\_\_\_  
will take place on \_\_\_\_\_.

**b.** The exam will cover \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**c.** It will be a(n) \_\_\_\_\_  
(e.g., essay, multiple choice, etc.) type of exam.

**d.** Since this is one of my \_\_\_\_\_ subjects, I plan to  
spend (more, less) \_\_\_\_\_ time on it than some of  
my other subjects. Altogether, I plan to spend \_\_\_\_\_  
(how much time) studying for this subject  
beginning \_\_\_\_\_ (when?).

**e.** My strategy for studying this subject will be to  
\_\_\_\_\_  
\_\_\_\_\_.

**2. a.** The final exam for \_\_\_\_\_  
will take place on \_\_\_\_\_.

**b.** The exam will cover \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**c.** It will be a(n) \_\_\_\_\_  
(e.g., essay, multiple choice, etc.) type of exam.

**d.** Since this is one of my \_\_\_\_\_ subjects, I plan to  
spend (more, less) \_\_\_\_\_ time on it than some of

my other subjects. Altogether, I plan to spend \_\_\_\_\_  
(how much time) studying for this subject

beginning \_\_\_\_\_ (when?).

**e.** My strategy for studying this subject will be to  
\_\_\_\_\_  
\_\_\_\_\_.

**3. a.** The final exam for \_\_\_\_\_  
will take place on \_\_\_\_\_.

**b.** The exam will cover \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**c.** It will be a(n) \_\_\_\_\_  
(e.g., essay, multiple choice, etc.) type of exam.

**d.** Since this is one of my \_\_\_\_\_ subjects, I plan to  
spend (more, less) \_\_\_\_\_ time on it than some of  
my other subjects. Altogether, I plan to spend \_\_\_\_\_  
(how much time) studying for this subject  
beginning \_\_\_\_\_ (when?).

**e.** My strategy for studying this subject will be to  
\_\_\_\_\_  
\_\_\_\_\_.

**BONUS QUESTIONS:** What stress  
relievers will help you get through the  
final exam period? In what special ways  
will you take care of yourself? How can  
parents, teachers or friends help you?